

# GYM SCHEDULE

Waltham YMCA  
Late Spring 2025 – 4/28/25–6/22/25



|          | Monday  | Tuesday                              | Wednesday                                     | Thursday                              | Friday  | Saturday  | Sunday  |
|----------|---|--------------------------------------|---|---------------------------------------|---|---|---|
| 6:00 AM  | Open Gym<br>6:00am–7:00am                           | Open Gym<br>6:00am–9:00am            | Open Gym<br>6:00am–7:00am                     | HIIT<br>Genevive<br>6:15am–7:00am     | Open Gym<br>6:00am–7:00am                           | Open Gym<br>6:00am–10:00am                              | Open Gym<br>6:00am–6:30am                           |
| 6:30 AM  |   |                                      |   |                                       |   |   | Class Break Down                                    |
| 7:00 AM  | Class Set Up  |                                      | Class Set Up                                  | Class Break Down                      | Class Set Up  |   | BODYPUMP<br>Alicia<br>7:15am–8:00am                 |
| 7:30 AM  | Pickleball<br>7:15am–8:30am                         |                                      | Muscle Up<br>Alec<br>7:15am–8:00am            | Open Gym<br>7:15am–9:00am             | Pickleball<br>7:15am–8:30am                         |   | Class Set Up  |
| 8:00 AM  |   |                                      |   |                                       |   |   | HIIT<br>Shania<br>8:30am–9:15am                     |
| 8:30 AM  | Class Set Up  |                                      | Class Set Up                                  |                                       | Class Set Up  |   | Class Break Down                                    |
| 9:00 AM  | HIIT<br>Shania<br>9:00am–9:45am                     | Class Set Up                         | HIIT<br>Miral<br>9:00am–9:45am                | Class Set Up                          | HIIT<br>Kierstin<br>9:00am–9:45am                   |   |   |
| 9:30 AM  |   | BODYPUMP<br>Denise<br>9:30am–10:15am |   | BODYPUMP<br>Denise<br>9:30am–10:15am  |   |   |   |
|          | Class Set Up  |                                      | Class Break Down                              | Class Set Up                          | Class Set Up  | Class Set Up  |   |
| 10:30 AM | Gentle Flow Yoga<br>Jeanne<br>10:30am–11:30am       | Class Set Up                         |   |                                       |   |   |   |
| 11:00 AM |   | Zumba<br>Vielka<br>10:45am–11:30am   | Gentle Flow Yoga<br>Jeanne<br>10:30am–11:30am | Bolly X<br>Farheen<br>10:30am–11:15am | Gentle Flow Yoga<br>Jeanne<br>10:30am–11:30am       | Sports Zone<br>*Child Watch Check In<br>10:30am–11:00pm | Adult (18+) Pick-up<br>Basketball<br>9:30am–12:30pm |
| 11:30 AM | Class Break Down                                    | Class Break Down                     | Class Break Down                              | Class Break Down                      | Class Break Down                                    |   |   |
| 12:00 PM |   |                                      |   |                                       |   |   |   |
| 12:30 PM | Adult (18+) Pick-up<br>Basketball<br>12:00pm–2:00pm | Pickleball<br>12:00pm–2:00pm         | Pickleball<br>12:00pm–2:00pm                  | Pickleball<br>12:00pm–2:00pm          | Adult (18+) Pick-up<br>Basketball<br>12:00pm–1:45pm | Teens Only<br>11:30am–1:30pm                            | Class Set Up  |
| 1:00 PM  |   |                                      |   |                                       |   |   |   |
| 1:30 PM  |   |                                      |   |                                       | Class Set Up  | Class Set Up  | Reserved for Birthday<br>Parties<br>1:00pm–3:00pm   |
| 2:00 PM  |   | Class Break Down                     |   | Class Break Down                      |   |   |   |
| 2:30 PM  |   | Open Gym<br>2:30pm–3:30pm            | Teens Only<br>2:00pm–3:30pm                   | Open Gym<br>2:30pm–3:30pm             | Sports Class<br>2:00pm–3:00pm                       | Reserved for Birthday<br>Parties<br>2:00pm–4:00pm       | Class Break Down                                    |
| 3:00 PM  |   |                                      |   |                                       |   |   |   |
| 3:30 PM  | Teens Only<br>2:00pm–6:00pm                         | Class Break Down                     | Class Break Down                              | Class Break Down                      |   | Class Break Down  |   |
| 4:00 PM  |   | Sports Class<br>4:00pm–4:30pm        | Sports Class<br>4:00pm–5:30pm                 | Sports Class<br>3:45pm–5:15pm         | Family Gym<br>3:00pm–6:00pm                         | Family Gym<br>4pm–5:45pm                                | Family Gym<br>3:30pm–5:45pm                         |
| 5:00 PM  |   | Class Setup                          |   | Class Setup                           |   |   |   |
| 5:30 PM  |   | BODYPUMP<br>Lisa<br>5:30pm–6:15pm    | Class Setup                                   | BODYPUMP<br>Lisa<br>5:30pm–6:15pm     |   |   |   |
| 6:00 PM  |   |                                      | HIIT<br>Shania<br>5:45pm–6:30pm               |                                       | Class Set Up  |   |   |
| 6:30 PM  |   | Class Break Down                     | Class Break Down                              | Class Break Down                      |   |   |   |
| 7:00 PM  |   |                                      |   |                                       | Muscle Up<br>Leo<br>6:30pm–7:15pm                   |   |   |
| 7:30 PM  | Open Gym<br>6:00pm–9:45pm                           |                                      |   |                                       | Class Break Down                                    |   |   |
| 8:00 PM  |   | Open Gym<br>6:45pm–9:45pm            | Open Gym<br>7:00pm–9:45pm                     | Open Gym<br>6:45pm–9:45pm             |   |   |   |
| 8:30 PM  |   |                                      |   |                                       |   |   |   |
| 9:00 PM  |   |                                      |   |                                       |   |   |   |
| 9:30 PM  |   |                                      |   |                                       |   |   |   |
| 10:00 PM |   |                                      |   |                                       |   |   |   |

Gym Schedule is subject to change based on programming needs. Thank you for understanding!

[www.ymcaboston.org](http://www.ymcaboston.org)

## FAMILY GYM:

Nets are able to be adjusted for families

## OPEN GYM:

Open to all members, nets will not be adjusted