

GYM SCHEDULE

Parkway Community YMCA
SEPTEMBER 8 – NOVEMBER 2



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00 AM							
5:30 AM							
6:00 AM		Open Gym 5:00 – 8:00 AM	Open Gym 5:00 – 7:30 AM		Open Gym 5:00 – 7:30 AM	Open Gym 5:00 – 7:30 AM	
6:30 AM	Open Gym 6:00 – 7:45 AM			Open Gym 5:00 – 9:15 AM			
7:00 AM							
7:30 AM							
8:00 AM	Tone & Sculpt 8:00 – 8:45 AM				Beginners Pickleball 7:30 – 8:45 AM	Home School GYM 7:30 – 8:15 AM	Basketball Open Gym 6:00 – 10:00 AM
8:30 AM		HIIT 8:30 – 9:15 AM	Family Gym 8:00 – 10:30 AM				
9:00 AM	Open Gym 9:00 – 10:00 AM				Open Gym 9:00 – 10:15 AM		
9:30 AM		YOGA 9:30 – 10:30 AM		YOGA 9:30 – 10:30 AM		YOGA 9:30 – 10:30 AM	
10:00 AM							
10:30 AM	Family Pickleball (kids under 12) 10:00 – 12:00 PM					Home School GYM 10:30 – 11:45 AM	Sports Sampler 10:15 – 10:45 AM
11:00 AM		Fit For Life 11:00 – 12:00 PM					
11:30 AM							
12:00 PM		Advanced Pickleball 12:00 – 1:00 PM	Fit For Life 12:00 – 1:00 PM	Advanced Pickleball 12:00 – 1:00 PM	Fit For Life 12:00 – 1:00 PM	Fit For Life 12:00 – 1:00 PM	Basketball Skills 10:45 – 1:00 PM
12:30 PM							
1:00 PM	Family Gym (Kids under 12) 12:15 – 2:30 PM	Intermediate Pickleball 1:00 – 2:00 PM		Intermediate Pickleball 1:00 – 2:00 PM	Advanced Pickleball 1:00 – 2:00 PM	Advanced Pickleball 1:00 – 2:00 PM	
1:30 PM		Beginner Pickleball 2:00 – 3:00 PM	Open Gym 1:00 – 3:30 PM	Beginner Pickleball 2:00 – 3:00 PM	Intermediate Pickleball 2:00 – 3:00 PM	Beginner Pickleball 2:00 – 3:00 PM	
2:00 PM							
2:30 PM							
3:00 PM				Family Gym (Kids under 12) 3:00 – 4:45 PM			Private Training 1:00 – 5:30 PM
3:30 PM							Basketball Open Gym 1:00 PM – 5:30 PM
4:00 PM	Teen Open Gym 2:30 – 5:30 PM	Family Gym (Kids under 12) 3:00 – 5:45 PM	Basketball Skills 3:45 PM – 4:45 PM		Teen Open Gym 3:00 – 6:00 PM	Family Gym (Kids under 12) 3:00 – 5:45 PM	
4:30 PM							
5:00 PM							
5:30 PM				Teen Open Gym 3:00 – 6:45 PM			
6:00 PM		Zumba 6:00 – 7:00 PM	Agility Avengers 5:00 PM – 7:00 PM				
6:30 PM							
7:00 PM							
7:30 PM		Beginner Pickleball Age 18+ 7:10 PM – 9:30 PM	Basketball Open Gym 7:00 PM – 9:30 PM	Beginner Pickleball Age 18+ 7:00 PM – 9:30 PM	Basketball Open Gym 6:00 PM – 9:30 PM	Parents Night Out 6:00 – 9:00 PM	
8:00 PM			Private Training 7:00 PM – 9:30 PM				
8:30 PM							
9:00 PM							
9:30 PM							

Building Hours

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

www.ymcaboston.org/parkway

Monday–Friday
5:00 AM–10:00 PM
Saturday & Sunday
6:00 AM–6:00 PM