

GYM SCHEDULE

Parkway Community YMCA
JANUARY 7 - FEBRUARY 16



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00 AM							
5:30 AM							
6:00 AM	Open Gym 6:00 - 7:45AM	Open Gym 5:00 - 8:00 AM	Open Gym 5:00 - 7:30 AM	Open Gym 5:00 - 8:30AM	Open Gym 5:00 - 7:30 AM	Open Gym 5:00 - 7:30 AM	Open Gym 6:00 - 8:45AM
6:30 AM							
7:00 AM							
7:30 AM						Home School GYM 7:30 - 8:15AM	
8:00 AM	Tone & Sculpt 8:00 - 8:45 AM				Beginners Pickleball 7:30 - 8:45 AM		
8:30 AM		HIIT 8:30 - 9:15 AM					
9:00 AM	Open Gym 9:00 - 10:00AM		Family Gym 8:00 - 10:15AM		Open Gym 9:00 - 10:15AM	YOGA 9:30 - 10:30 AM	Jr. Celtics Age 3-4 9:00-9:45AM
9:30 AM		Family Gym (Kids under 12) 12:15 - 2:00 PM		Family Gym 8:30 - 10:30 AM			
10:00 AM							
10:30 AM	Family Gym (Kids under 12) 10:00AM- 12:30 PM		Pilates 10:30 - 11:15 AM		Pilates 10:30 - 11 AM	Home School GYM 10:30 -11:45AM	Sports Sampler 10:00-10:30AM
11:00 AM		Fit For Life 11:00 - 12:00 PM		Fit For Life 11:00 - 11:45 PM			
11:30 AM							
12:00 PM		Advanced Pickleball 12:00 - 1:00 PM	Fit For Life 12:00 - 12:45 PM	Advanced Pickleball 12:00 - 1:00 PM	Fit For Life 12:00 - 12:45 PM	Fit For Life 12:00 - 12:45 PM	
12:30 PM		Family Pickleball (kids under 12) 12:45pm- 2:00 PM	Advanced Pickleball 12:45 - 2:00PM	Intermediate Pickleball 1:00 - 2:00 PM	Advanced Pickleball 1:00 - 2:00 PM	Advanced Pickleball 1:00 - 2:00 PM	Jr. Celtics 10:45AM-4:45PM
1:00 PM							
1:30 PM							
2:00 PM		Beginner Pickleball 2:00 - 3:00 PM		Beginner Pickleball 2:00 - 3:00 PM		Beginner Pickleball 2:00 - 3:00 PM	
2:30 PM							
3:00 PM							
3:30 PM							
4:00 PM	Teen Open Gym 2:00 - 5:30PM	Family Gym (Kids under 12)		Family Gym (Kids under 12) 3:00 - 4:45PM		Teen Open Gym 3:00 - 5:30 PM	
4:30 PM							
5:00 PM							Private Training 5:00-5:30 PM
5:30 PM							Open Gym 5:00PM- 5:30PM
6:00 PM							
6:30 PM							
7:00 PM							
7:30 PM							
8:00 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
5:00AM-10:00PM
Saturday & Sunday
6:00AM-6:00PM