

GYM SCHEDULE

Parkway Community YMCA
SEPTEMBER 8 – NOVEMBER 8



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00 AM							
5:30 AM							
6:00 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 – 8:00 AM	Open Gym 5:00 – 7:30 AM	Open Gym 5:00 – 8:30 AM			
7:00 AM							Open Gym 6:00 – 8:45 AM
7:30 AM						Home School GYM 7:30 – 8:15 AM	
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	PICKLEBALL 9:00 – 10:00 AM		Family Gym 8:00 – 10:15 AM				
9:30 AM		Family Gym (Kids under 12) 12:15 – 2:00 PM		Family Gym 8:30 – 10:30 AM	Open Gym 9:00 – 10:15 AM	YOGA 9:30 – 10:30 AM	
10:00 AM							
10:30 AM	Family Gym (Kids under 12) 10:00 AM – 12:30 PM		Pilates 10:30 – 11:15 AM		Fun, Fab, Abs 10:30 – 11 AM	Home School GYM 10:30 – 11:45 AM	
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							
1:00 PM	Family Pickleball (Kids under 12) 12:45pm – 2:00 PM	Intermediate Pickleball 1:00 – 2:00 PM	Advanced Pickleball 12:45 – 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							
2:00 PM		Beginner Pickleball 2:00 – 3:00 PM	Beginner Pickleball 2:00 – 3:00 PM	Beginner Pickleball 2:00 – 3:00 PM	Intermediate 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	Open Gym 2:10PM – 5:30PM	Family Gym (Kids under 12) 3:00 – 5:45 PM	Teen Open Gym Age 13–18 3:00 PM – 6:00PM	Family Gym (Kids under 12) 3:00 – 4:00PM	Teen Open Gym Age 13–18 3:00 PM – 6:00PM	Family Gym (Kids under 12) 3:00 – 5:00 PM	Open Gym 2:45PM – 5:30PM
4:30 PM							
5:00 PM							
5:30 PM							
6:00 PM		Zumba 6:00 – 7:00 PM		SPORTS 4:00pm – 8:00pm			
6:30 PM							
7:00 PM							
7:30 PM			Basketball Gym 6:00PM – 9:30 PM		Basketball Gym 6:00PM – 9:30 PM	Parents Night Out 5:00 – 9:00 PM	
8:00 PM		Beginner Pickleball Age 18+ 7:10pm – 9:30 PM		Beginner Pickleball Age 18+ 8:00pm – 9:30 PM			
8:30 PM							
9:00 PM							
9:30 PM							

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

www.ymcaboston.org/parkway

Building Hours

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