# GYM SCHEDULE

## Parkway Community YMCA
## NOVEMBER 9 – FEBRUARY 14

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