

Lampeter-Strasburg Gym Schedule

Effective Date: 09/01/2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00-8:00	5:00-8:30	5:30-6:30	5:00-8:00	5:30-6:30	5:30-6:30	7:30-8:30
Open Gym	Open Gym	Body Pump	Open Gym	Body Pump	Bootcamp	Cycle
8:00-10:00	8:30-9:30	6:30-8:30	8:00-9:00	6:30-8:30	6:30-8:30	8:45-9:45
35+ Basketball	Zumba	Open Gym	Silver Sneakers Boom Muscle	Open Gym	Open Gym	Zumba
10:00-12:00	10:00-11:00	8:45-9:45	9:15-10:15	8:45-9:45	8:30-9:30	9:30-11:00
Open Gym	Silver Sneakers	Cardio Cross Training	Body Pump	Cardio Cross Training	Silver Sneakers Boom Muscle	Open Gym
	11:00-12:00	10:00-11:00	10:30-11:15	10:00-11:00	9:30-10:30	11:00-12:00
	Open Gym	Zumba	Body Balance	Silver Sneakers	Chisel & Burn	NHL Street (if bad weather)
		11:00-12:00	11:15-12:00	11:00-12:00	10:30-12:00	
		Beginner Pickleball	Open Gym	Open Gym	Closed for Cleaning	
12:00-3:00	12:00-3:00	12:00-3:00	12:00-3:00	12:00-3:00	12:00-3:00	12:00-1:00
Open Pickleball	Open Pickleball	Open Pickleball	Open Pickleball	Open Pickleball	Family Open Gym	NHL Street (if bad weather)
3:00-4:00	3:00-4:00	3:00-5:30	3:00-4:00	3:00-5:30	3:00-8:00	1:00-4:00
Open Gym	Walk with Ease (1/2 gym)	Open Gym	Walk with Ease (1/2 gym)	Open Gym	Open Gym	Open Gym
	4:00-4:45	5:30-6:30	4:00-5:30	5:30-6:30		
	Open Gym	Zumba Toning	Open Gym	Zumba		
	4:45-5:45	6:45-9:00	5:30-6:30	6:30-9:00		
	Total Body Blast	Mr. Buckets Shooting Clinic (1/2) Open Gym (1/2)	Body Pump	Open Gym		
	6:00-7:00		6:45-9:00			
	Body Pump		Pickleball League			
	7:00-9:00					
	Open Gym					

Programs highlighted in yellow must be registered for