

Lampeter-Strasburg Gym Schedule

Effective Date: 12/08/2025

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	Adult Basketball	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	9:45-11:00
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	3:00-4:45	3:00-4:00	3:00-4:00	3:00-4:00	3:00-8:00	1:00-4:00
Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym
	4:45-5:45	4:15-5:00	4:15-5:00	4:15-5:00		
	Total Body Blast	Jr. NBA Practice	Jr. NBA Practice (1/2)	Jr. NBA Practice (1/2)		
	6:00-7:00	5:30-6:30	5:00-5:30	5:30-6:30		
	Body Pump	Zumba Toning	Open Gym	Zumba		
	7:15-8:00	6:45-9:00	5:30-6:30	6:45-7:30		
	Jr. NBA Practice (1/2)	Jr. NBA Practice	Body Pump	Jr. NBA Practice		
	8:00-9:00		6:45-9:00	7:30-9:00		
	Open Gym		Pickleball League	Bibles & Basketball		

Programs highlighted in yellow must be registered for