

# Lampeter-Strasburg Gym Schedule

March 2026- Updated

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	10:00-11:00
Open Gym	Silver Sneakers	Cardio Cross Training	Body Pump	Cardio Cross Training	Silver Sneakers Boom Muscle	Open Gym (NHL Street set up)
	11:00-12:00	10:00-11:00	10:30-11:15	10:00-11:00	9:30-10:30	
	Open Gym	Zumba	Body Balance	Silver Sneakers	Chisel & Burn	
		11:00-12:00	11:15-12:00	11:00-12:00	10:30-12:00	11:00-12:00
	Beginner Pickleball	Open Gym	Intermediate Pickleball	Open Gym	NHL Street (bad weather)	
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 (bad weather)
3:00-4:00	3:00-4:45	3:00-5:30	3:00-5:30	3:00-5:15	3:00-8:00	1:00-4:00
Open Gym	Open Gym	Mr. Buckets Group Training (1/2 gym)	Open Volleyball (1/2) Open Gym (1/2)	Open Gym	Open Gym	Open Gym
	4:45-5:45					
	Total Body Blast					
	6:00-7:00	5:30-6:30				
	Body Pump	Zumba Toning	Zumba			
	7:15-9:00	6:45-9:00	5:30-6:30	6:30-7:00		
	Open Gym	Mr. Buckets Private Lessons (1/2 gym)	Body Pump	Open Gym		
6:45-9:00			7:00-9:00			
Pickleball League			Bibles & Basketball			

**Programs highlighted in yellow must be registered for**

The first Friday of every month 1/2 of the gym will be closed for Parent's Night Out from 7pm-8pm

No Open Pickleball on days LS School District has early dismissal or closed