

Lampeter-Strasburg YMCA Gym Schedule

May-26

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
5:00am	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym		
5:30am		Body Pump	Adult Basketball	Body Pump	Bootcamp				
6:00am									
6:30am			Open Gym	Open Gym	Open Gym			Open Gym	
7:00am									
7:30am					Walk with a Doc (bad weather)				
8:00am	Zumba	Cardio Cross Training	Silver Sneakers Boom Muscle	Cardio Cross Training	Silver Sneakers Boom Muscle	Zumba	35+ Basketball		
8:30am									
9:00am								Body Pump	
9:30am	Silver Sneakers	Zumba	Body Balance	Silver Sneakers	Chisel & Burn	Open Gym (NHL set up)	Open Gym		
10:00am									
10:30am	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	NHL Street (bad weather)	Open Gym		
11:00am									
11:30am									
12:00pm									
12:30pm									
1:00pm									
1:30pm									
2:00pm									
2:30pm									
3:00pm									
3:30pm	Total Body Blast	Mr. Buckets Group Training (1/2 gym)	Body Pump	Zumba	Open Gym	Open Gym	Open Gym		
4:00pm									
4:30pm									
5:00pm	Body Pump	Mr. Buckets Private Lessons (1/2 gym)	Open Gym	Zumba	Open Gym	Open Gym	Open Gym		
5:30pm									
6:00pm									
6:30pm	Open Gym	Open Gym	Open Gym	Bibles & Basketball	Open Gym	Open Gym	Open Gym		
7:00pm									
7:30pm									
8:00pm									
8:30pm									
9:00pm									

Programs highlighted in yellow must be registered for

Parent's Night Out 7pm-8pm on 05/01 (1/2 gym)

Mon, Tues (am) and Sat Zumba cancelled until further notice