

# Lampeter-Strasburg YMCA Gym Schedule

Jun-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		Open Gym		Open Gym	Open Gym		
6:30am							
7:00am							
7:30am							
8:00am	Zumba	Cardio Cross Training	Silver Sneakers Boom Muscle	Cardio Cross Training	Silver Sneakers Boom	Cycle	35+ Basketball
8:30am			Body Pump				
9:00am		Silver Sneakers	Zumba	Stretch Express	Silver Sneakers		
9:30am	Open Gym		Open Gym	Open Gym	Open Gym	NHL Street (bad weather)	
10:00am							
10:30am		Open Gym (NHL set up)					
11:00am					Family Open Gym		
11:30am		Open Gym					
12:00pm							
12:30pm	Boyd Basketball Group Training (1/2 gym)	Open Gym	Open Gym	Open Gym			
1:00pm							
1:30pm	Total Body Blast	Zumba Toning	Body Pump	Zumba	Open Gym		
2:00pm							
2:30pm	Body Pump	Boyd Basketball Private Lessons (1/2 gym)	Open Gym	Jaycee Park (if bad weather)			
3:00pm							
3:30pm	Open Gym	Bibles & Basketball	Open Gym	Open Gym			
4:00pm							
4:30pm							
5:00pm							
5:30pm							
6:00pm							
6:30pm	Open Gym	Open Gym	Open Gym	Open Gym			
7:00pm							
7:30pm							
8:00pm	Open Gym	Open Gym	Open Gym	Open Gym			
8:30pm							
9:00pm							

Programs highlighted in yellow must be registered for

Parent's Night Out 7pm-8pm on 06/12 (1/2 gym)

Summer Camp has priority of the gym 7am-6pm if bad weather