

# Lampeter-Strasburg YMCA Gym Schedule

Aug-26

|         | Monday           | Tuesday                                   | Wednesday   | Thursday              | Friday               | Saturday                 | Sunday   |
|---------|------------------|-------------------------------------------|-------------|-----------------------|----------------------|--------------------------|----------|
| 5:00am  | Open Gym         | Open Gym                                  | Open Gym    | Open Gym              | Open Gym             |                          |          |
| 5:30am  |                  | Body Pump                                 |             | Adult Basketball      | Body Pump            |                          |          |
| 6:00am  |                  |                                           |             |                       |                      |                          |          |
| 6:30am  |                  | Open Gym                                  | Open Gym    | Open Gym              | Open Gym             | Open Gym                 | Open Gym |
| 7:00am  |                  |                                           |             |                       |                      |                          |          |
| 7:30am  |                  |                                           | Cycle       |                       |                      | 35+ Basketball           |          |
| 8:00am  |                  |                                           |             |                       |                      |                          |          |
| 8:30am  | Zumba            | Cardio Cross Training                     | Boom Muscle | Cardio Cross Training | Silver Sneakers Boom | Zumba 8:45am             |          |
| 9:00am  |                  |                                           |             |                       |                      |                          |          |
| 9:30am  |                  |                                           |             |                       | Silver Sneakers      | Zumba                    |          |
| 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  |                  |                                           |             |                       |                      |                          |          |
| 4:00pm  | Total Body Blast | Boyd Basketball Group Training (1/2 gym)  | Body Pump   | Zumba                 | Open Gym             |                          |          |
| 4:30pm  |                  |                                           |             |                       |                      |                          |          |
| 5:00pm  |                  |                                           |             |                       |                      |                          |          |
| 5:30pm  | Body Pump        | Zumba Toning                              |             |                       | Open Gym             |                          |          |
| 6:00pm  |                  |                                           |             |                       |                      |                          |          |
| 6:30pm  | Open Gym         | Boyd Basketball Private Lessons (1/2 gym) | Open Gym    | Bibles & Basketball   |                      |                          |          |
| 7:00pm  |                  |                                           |             |                       |                      |                          |          |
| 7:30pm  |                  |                                           |             |                       |                      |                          |          |
| 8:00pm  |                  |                                           |             |                       |                      |                          |          |
| 8:30pm  |                  |                                           |             |                       |                      |                          |          |
| 9:00pm  |                  |                                           |             |                       |                      |                          |          |

Programs highlighted in yellow must be registered for