

Lampeter-Strasburg YMCA Gym Schedule

Oct-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	Bootcamp																
6:00am		Open Gym		Open Gym	Open Gym																
6:30am		Open Gym	Open Gym		Open Gym	Open Gym															
7:00am			Open Gym		Open Gym	Open Gym	Open Gym														
7:30am					Silver Sneakers Boom Muscle	Open Gym	Open Gym	Open Gym													
8:00am	Zumba	Cardio Cross Training	Open Gym	Cardio Cross Training	Silver Sneakers Boom	Zumba 8:45am	35+ Basketball														
8:30am		Zumba		Open Gym	Cardio Cross Training	Chisel & Burn		Zumba 8:45am													
9:00am							Silver Sneakers		Zumba	Open Gym	Open Gym	Open Gym (NHL set up)	Open Gym								
9:30am	Open Gym	Beginner Pickleball	Open Gym	Inter/Adv. Pickleball	Open Gym	NHL Street (bad weather)	Open Pickleball														
10:00am		Open Gym						Open Pickleball	Open Pickleball	Open Pickleball	Family Open Gym										
10:30am	Open Pickleball	Open Pickleball	Open Pickleball	Open Pickleball	Family Open Gym	Open Gym															
11:00am							Open Pickleball	Open Pickleball	Open Pickleball	Open Pickleball	Family Open Gym										
11:30am												Open Pickleball	Open Pickleball	Open Pickleball	Open Pickleball	Family Open Gym					
12:00pm																	Open Pickleball	Open Pickleball	Open Pickleball	Open Pickleball	Family Open Gym
12:30pm																					
1:00pm	Open Pickleball	Open Pickleball	Open Pickleball	Open Pickleball	Family Open Gym																
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3:30pm	Open Pickleball	Open Pickleball	Open Pickleball	Open Pickleball	Family Open Gym																
4:00pm						Open Pickleball	Open Pickleball	Open Pickleball	Open Pickleball	Family Open Gym											
4:30pm											Open Pickleball	Open Pickleball	Open Pickleball	Open Pickleball	Family Open Gym						
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Programs highlighted in yellow must be registered for

Parent's Night Out 7pm-8pm on 10/02(1/2 gym)