



Lampeter-Strasburg YMCA

Gym Schedule

thru March 28th

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday							
	Court 1	Court 2	Court 1	Court 2	Court 1	Court 2	Court 1	Court 2	Court 1	Court 2	Court 1	Court 2	Court 1	Court 2						
5:00 - 6:00am	Open Gym		Open Gym	BODYPUMP	Open Gym		Open Gym	BODYPUMP	Open Gym											
6:00 - 7:00am																				
7:00 - 8:00am								Open Gym								Open Gym				
8:00 - 8:30am	Total Body Blast		Open Gym	Open Gym	Total Body Blast		Open Gym	BODYPUMP	Total Body Blast						Pick-up Basketball					
8:30 - 9:00am															YBA					
9:00 - 9:30am															Little Dribblers				YBA Games	
9:30 - 10:00am	Total Body Blast		Zumba		Total Body Blast		Silver Sneakers		Total Body Blast						BODYPUMP				Cardio Kickbox	
10:00 - 10:30am																				
10:30 - 11:00am																				
11:00 - 11:30am	Silver Sneakers		Silver Sneakers		Silver Sneakers		Silver Sneakers		Silver Sneakers						YBA Games				Open Gym	
11:30 - 12:00pm																				
12:00 - 12:30pm											Zumba Gold	Open Gym	Intro to Pickleball						Intro to Pickleball	
12:30 - 1:00pm					Pickleball		Pickleball		Pickleball											
1:00 - 2:00pm	Pickleball		Pickleball		Pickleball		Pickleball		Pickleball		YBA Games		Pickleball							
2:00 - 3:00pm																				
3:00 - 3:30pm													Pick-up Basketball		Pick-up Basketball		Pick-up Basketball		Pick-up Basketball	
3:30 - 4:00pm	Open Gym		Open Gym		Open Gym		Open Gym		Open Gym		Open Gym									
4:00 - 5:00pm																				
5:00 - 6:00pm													BODYPUMP	PPA	YBA Practice		Family Kickbox		YBA Practice	
6:00 - 7:00pm			BODYPUMP		YBA Practice		Cardio Cross-Training													
7:00 - 8:00pm	Zumba								Open Gym											
8:00 - 9:00pm	Open Gym		Open Gym		Open Gym		YBA Practice													
9:00 - 10:00pm																				

Pick-up Basketball – Time is open to those who want to play full court basketball
Open Gym – Open to all. No full court basketball should be played during this time; half court only.