



# Lampeter-Strasburg YMCA

## August

	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 AM - 5:30 AM														
5:30 AM - 6 AM														
6 AM - 6:30 AM			BodyPump				BodyPump		Bootcamp					
6:30 AM - 7 AM														
7 AM - 7:30 AM														
7:30 AM - 8 AM														
8 AM - 8:30 AM											Cycle			
8:30 AM - 9 AM	Zumba		Cardio Cross Training 8:45am		Silver Sneakers Boom Muscle		Cardio Cross Training 8:45am		Silver Sneakers Boom Muscle		Zumba		Adult 35+ Basketball	
9 AM - 9:30 AM														
9:30 AM - 10 AM	Gym closed for SS set-up				BodyPump				Chisel & Burn					
10 AM - 10:30 AM	Silver Sneakers		Zumba				Silver Sneakers							
10:30 AM - 11 AM									Gym Closed For Cleaning					
11 AM - 11:30 AM														
11:30 AM - 12 PM														
12 PM - 12:30 PM														
12:30 PM - 1 PM														
1 PM - 1:30 PM														
1:30 PM - 2 PM														
2 PM - 2:30 PM														
2:30 PM - 3 PM														
3 PM - 3:30 PM														
3:30 PM - 4 PM														
4 PM - 4:30 PM														
4:30 PM - 5 PM														
5 PM - 5:30 PM														
5:30 PM - 6 PM			Body Combat		BodyPump		Body Combat							
6 PM - 6:30 PM	BodyPump													
6:30 PM - 7 PM														
7 PM - 7:30 PM														
7:30 PM - 8 PM							Jaycee Park (Rain only)							
8 PM - 8:30 PM														
8:30 PM - 9 PM														

Group Exercise classes: Free to members, no registration required

Sports Programs: Need to be registered for

3rd Party Groups

**Please See Below for Special Occasions**

**If there is inclement weather or above average Heat Index, Summer Camp will be in the gym until 6pm**

**If there is inclement weather, Jaycee Park Basketball will be using the gym on Thursday nights**