



# HELPING YOU LIVE HEALTHIER

## North Suburban YMCA

### Summer Gym

### Fall 2 Gym

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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5:30am-6:30am CYCLE	5:30am-6:30am <b>Open Gym</b>	5:30am-6:30am CYCLE	5:30am-6:30am <b>Open Gym</b>	5:30am-6:30am CYCLE	6:00am-7:30am <b>Adult Pick-Up Basketball</b>	8:00am-8:45am <b>Open Gym</b>	
6:30am-8:45am <b>Open Gym</b>	6:30am-7:30am HIIT	6:30am-8:45am <b>Open Gym</b>	6:30am-7:30am HIIT	6:30am-8:45am <b>Open Gym</b>	7:45am-8:45am CYCLE	8:45am-10:00am	
	7:30am- 8:45am <b>Pickle Ball</b>		7:30am- 8:45am <b>Pickle Ball</b>			10:00am-12:00pm <b>Family Open Gym</b>	
9:00am-10:00am TOTAL BODY CONDITIONING	9:00am-10:00am CYCLE	9:00am-10:00am TOTAL BODY CONDITIONING	9:00am-10:00am CYCLE	9:00am-10:00am TOTAL BODY CONDITIONING	9:00am-10:00am TOTAL BODY CONDITIONING	12:00pm-1:00pm <b>Open Gym</b>	
10:00am-1:00pm <b>Open Gym</b>	10:00am- 12:45pm <b>Adult Pick-Up Basketball</b>	10:00am-12:45pm <b>Adult Pick-Up Basketball</b>	10:00am-12:45pm <b>Adult Pick-Up Basketball</b>	10:00am-12:00pm <b>Family Open Gym</b>		Family Open: Nets are able to be adjusted for families	
1:00pm-3:00pm <b>Teen Only Gym Time</b>	1:00pm-3:00pm <b>Teen Only Gym Time</b>	1:00pm-3:00 pm <b>Teen Only Gym Time</b>	1:00pm-3:00pm <b>Teen Only Gym Time</b>	12:00pm-3:00pm <b>Open Gym</b>	1:00pm-3:00pm <b>Open Gym</b>		Open Gym: Open to All Members, Nets will not be adjusted
3:00pm-5:45pm <b>Open Gym</b>	3:00pm-5:30pm <b>Family Open Gym</b>	3:00pm-7:00pm	3:30pm-4:30pm <b>1/2 Open Gym</b>	3:00pm-5:15pm <b>Teen Only Gym Time</b>	3:00pm-6:00pm <b>Teen Only Gym Time</b>		Times are subject to change as a result of special programs
6:15pm-7:15pm CYCLE	5:30pm-8:00pm <b>Open Gym</b>	7:00pm-8:00pm <b>Open Gym</b>	5:30pm-7:00pm <b>Open Gym</b>	5:30pm-6:30pm CYCLE		Please call ahead for availability: (1)781-935-3270	
			7:00PM-8:00PM				
<b>YMCA OF GREATER BOSTON</b> – 137 Lexington St., Woburn, MA, 01801 781.935.3270							