

GYM SCHEDULE

North Suburban YMCA
September 3rd – October 31st



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 AM	Open Gym 5:30 – 8:45 AM						
6:00 AM	Open Gym 5:30 – 8:45 AM						
6:30 AM	Open Gym 5:30 – 8:45 AM						
7:00 AM	Open Gym 5:30 – 8:45 AM						
7:30 AM	Open Gym 5:30 – 10:00 AM						
8:00 AM	Open Gym 5:30 – 10:00 AM						
8:30 AM	Open Gym 5:30 – 10:00 AM						
9:00 AM	Total Body Conditioning 9:00 – 10:00 AM		Total Body Conditioning 9:00 – 10:00 AM		Total Body Conditioning 9:00 – 10:00 AM	Total Body Conditioning 9:00 – 10:00 AM	Open Gym 8:00 AM – 10:00 AM
9:30 AM	Total Body Conditioning 9:00 – 10:00 AM		Total Body Conditioning 9:00 – 10:00 AM		Total Body Conditioning 9:00 – 10:00 AM	Total Body Conditioning 9:00 – 10:00 AM	
10:00 AM	Pickleball LEVEL 1 (Adult 18+) 10:15 – 12:00 PM						
10:30 AM	Pickleball **LEVEL 2** (Adult 18+) 10:15 – 12:00 PM						
11:00 AM	Pickleball LEVEL 1 (Adult 18+) 10:15 – 12:00 PM						
11:30 AM	Pickleball **LEVEL 2** (Adult 18+) 10:15 – 12:00 PM						
12:00 PM	Pickleball LEVEL 1 (Adult 18+) 10:15 – 12:00 PM						
12:30 PM	Pickleball Mixed Levels (Adult 18+) 10:15 AM – 12:00 PM						
1:00 PM	Pickleball Mixed Levels (Adult 18+) 10 AM – 12:00 PM						
1:30 PM	Open Gym 12:00 – 3:30 PM	Open Gym 12:00 – 1:00 PM	Open Gym 12:00 – 1:00 PM	Open Gym 12:00 – 1:00 PM	Open Gym 12:00 – 2:00 PM	Open Family Gym 12:00 – 1:00 PM	
2:00 PM	WALK + 1:00 – 2:00 PM	WALK + 1:00 – 2:00 PM	WALK + 1:00 – 2:00 PM	WALK + 1:00 – 2:00 PM	Open Gym 12:00 – 5:00 PM	Open Family Gym 2:00 – 3:00 PM	Birthday Parties 1:00 – 3:00 PM
2:30 PM	Open Gym 12:00 – 3:30 PM	Open Gym 1:00 – 4:00 PM	Open Gym 12:00 – 7:00 PM	Open Gym 12:30 – 6:00 PM	Open Gym 12:00 – 5:00 PM	Open Family Gym 2:00 – 3:00 PM	
3:00 PM	Open Gym 12:00 – 3:30 PM	Open Gym 1:00 – 4:00 PM	Open Gym 12:00 – 7:00 PM	Open Gym 12:30 – 6:00 PM	Open Gym 12:00 – 5:00 PM	Teen Only Gym 3:00 – 4:00 PM	
3:30 PM	Sports Classes 3:30PM – 5:00 PM	Open Gym 1:00 – 4:00 PM	Open Gym 12:00 – 7:00 PM	Open Gym 12:30 – 6:00 PM	Open Gym 12:00 – 5:00 PM	Open Gym 4:00 – 6:00 PM	Open Gym 3:00 – 6:00 PM
4:00 PM	Sports Classes 3:30PM – 5:00 PM	Open Gym 1:00 – 4:00 PM	Open Gym 12:00 – 7:00 PM	Open Gym 12:30 – 6:00 PM	Open Gym 12:00 – 5:00 PM	Open Gym 4:00 – 6:00 PM	
4:30 PM	Sports Classes 3:30PM – 5:00 PM	Open Gym 1:00 – 4:00 PM	Open Gym 12:00 – 7:00 PM	Open Gym 12:30 – 6:00 PM	Open Gym 12:00 – 5:00 PM	Open Gym 4:00 – 6:00 PM	
5:00 PM	Family Gym 5:00 – 6:00 PM	Sports Classes 4:00PM – 7:00 PM	Open Gym 12:00 – 7:00 PM	Open Gym 12:30 – 6:00 PM	Open Gym 12:00 – 5:00 PM	Open Gym 4:00 – 6:00 PM	
5:30 PM	Family Gym 5:00 – 6:00 PM	Sports Classes 4:00PM – 7:00 PM	Open Gym 12:00 – 7:00 PM	Open Gym 12:30 – 6:00 PM	Pickleball Mixed Levels (Adult 18+) 5:00 – 6:45 PM	Open Gym 4:00 – 6:00 PM	
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8:00 PM	Adult League Basketball (16+) (Registration Required) 6:00 – 9:30 PM	Open Gym 7:00 – 9:30 PM	Adult (16+) Pick-up Volleyball 7:00 – 9:00 PM	Badminton (16+) 7:30 – 9:00PM			
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Gym Schedule is subject to change based on programming needs. Thank you for understanding!

www.ymcaboston.org/northsuburban

Please call ahead for availability: 781-935-3270

ADULT SPORTS (Including Pickleball, Volleyball & Badminton):

Sign up is required in the App or Motionvibe

FAMILY GYM: This is a structured time run by staff, for families to play games and exercise. Nets can be adjusted, and a variety of activities will be available- basketball, pickleball, volleyball, scooter races, obstacle courses etc.

OPEN FAMILY GYM: Gym time for caregivers and their children to exercise and play games. This is not staffed. There will be equipment available (basketballs, bowling set etc.)

REGISTER HERE!

