

GYM SCHEDULE

North Suburban YMCA
October 1st- October 31st



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday			
5:30 AM										
6:00 AM										
6:30 AM	Open Gym 5:30 - 8:45 AM	Open Gym 5:30 - 8:00 AM	Open Gym 5:30 - 8:45 AM	Open Gym 5:30 - 8:00 AM	Open Gym 5:30 - 8:45 AM	Open Gym 6:00 AM - 8:45 AM				
7:00 AM										
7:30 AM										
8:00 AM										
8:30 AM		Pickleball LEVEL 1 (Adult 18+) 8:00 - 10:00 AM		Pickleball LEVEL 1 (Adult 18+) 8:00 - 10:00 AM			Open Gym 8:00 AM - 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		
9:30 AM										
10:00 AM		Intro to Pickleball 10:00 - 11:30 AM *SIGN UP REQUIRED*	Pickleball **LEVEL 2** (Adult 18+) 10:15 AM - 12:00 PM	Intro to Pickleball 10:00 - 11:30 AM *SIGN UP REQUIRED*	Pickleball **LEVEL 2** (Adult 18+) 10:15 AM - 12:00 PM	Pickleball Mixed Levels (Adult 18+) 10:15 AM - 12:00 PM	Pickleball Mixed Levels (Adult 18+) 10 AM - 12:00 PM			
10:30 AM	Pickleball **LEVEL 2** (Adult 18+) 10:15 AM - 12:00 PM									
11:00 AM										
11:30 AM		Pickleball **Level 2** 11:30 AM - 1:00 PM	Open Gym 12:00 - 6:00 PM	Pickleball **Level 2** 11:30 AM - 1:00 PM	Open Gym 12:00 - 4:00 PM	Open Gym 12:00 PM - 2:00 PM	Open Family Gym 12:00 - 1:00 PM			
12:00 PM										
12:30 PM	Open Gym 12:00 - 3:30 PM						WALK + 1:00 - 2:00 PM		Open Family Gym 2:00 - 3:00 PM	Open Family Gym 12:00 - 1:00 PM
1:00 PM										
1:30 PM		WALK + 1:00 - 2:00 PM		WALK + 1:00 - 2:00 PM	Open Gym 12:00 - 4:00 PM	Open Family Gym 2:00 - 3:00 PM	Open Family Gym 12:00 - 1:00 PM			
2:00 PM										
2:30 PM		Open Gym 1:00 - 4:00 PM		Open Gym 12:30 - 6:00 PM	Open Gym 12:00 - 4:00 PM	Open Family Gym 2:00 - 3:00 PM	Open Family Gym 12:00 - 1:00 PM			
3:00 PM										
3:30 PM										
4:00 PM	Sports Classes 3:30PM - 5:00 PM	Sports Classes 4:00PM - 7:00 PM		Open Gym 12:30 - 6:00 PM	Open Gym 12:00 - 4:00 PM	Open Family Gym 2:00 - 3:00 PM	Open Family Gym 12:00 - 1:00 PM			
4:30 PM										
5:00 PM	Family Gym 5:00 - 6:00 PM				Family Gym 4:00 - 5:00 PM	Open Gym 4:00 - 6:00 PM	Open Gym 3:00 - 6:00 PM			
5:30 PM										
6:00 PM					Pickleball Mixed Levels (Adult 18+) 5:00 - 6:45 PM					
6:30 PM										
7:00 PM	Adult League Basketball (16+) (Registration Required) 6:00 - 9:30 PM	Open Gym 7:00 - 9:30 PM	Adult (16+) Pick-up Volleyball 6:00 - 9:00 PM	Special Olympics 6:00 - 7:30 PM						
7:30 PM										
8:00 PM							Badminton (16+) 7:30 - 9:00PM			
8:30 PM										
9:00 PM										
9:30 PM										

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!

