

GYM SCHEDULE

North Suburban YMCA
November 1st–November 30th



	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											
9:00 AM	Total Body Conditioning 9:00 – 10:00 AM	Pickleball LEVEL 1 (Adult 18+) 8:00 – 10:00 AM	Total Body Conditioning 9:00 – 10:00 AM	Pickleball LEVEL 1 (Adult 18+) 8:00 – 10:00 AM	Total Body Conditioning 9:00 – 10:00 AM	Total Body Conditioning 9:00 – 9:45 AM	Open Gym 8:00 AM – 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	Sports Classes 10:00AM – 1:00 PM					
10:30 AM	Pickleball **LEVEL 2** (Adult 18+) 10:15 AM – 12:00 PM										
11:00 AM							Pickleball Mixed Levels (Adult 18+) 10 AM – 12:00 PM				
11:30 AM											
12:00 PM		Pickleball **Level 2** 11:30 AM – 1:00 PM		Pickleball **Level 2** 11:30 AM – 1:00 PM			Open Family Gym 12:00 – 1:00 PM				
12:30 PM											
1:00 PM		WALK + 1:00 – 2:00 PM	Open Gym 12:00 – 4:00 PM	WALK + 1:00 – 2:00 PM	Open Gym 12:00 – 4:00 PM	Open Gym 1:00 PM – 2:00 PM	Open Gym 1:00 PM – 2:00 PM				
1:30 PM											
2:00 PM	Open Gym 12:00 – 5:00 PM	Open Gym 1:00 – 4:00 PM	Open Gym 12:00 – 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 2:00 – 3:00 PM				
2:30 PM											
3:00 PM											
3:30 PM											Open Gym 3:00 – 6:00 PM
4:00 PM											
4:30 PM		Sports Classes 4:00PM – 6:00 PM	Sports Classes 4:00PM – 6:00 PM		Family Gym 4:00 – 5:00 PM	Open Gym 4:00 – 6:00 PM					
5:00 PM	Family Gym 5:00 – 6:00 PM										
5:30 PM					Pickleball Mixed Levels (Adult 18+) 5:00 – 6:45 PM						
6:00 PM				Special Olympics 6:00 – 7:30 PM							
6:30 PM											
7:00 PM	Adult League Basketball (16+) (Registration Required) 6:00 – 9:30 PM	Open Gym 6:00 – 9:30 PM	Adult (16+) Pick-up Volleyball 6:00 – 9:00 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!

