

# GYM SCHEDULE

North Suburban YMCA  
February 24th-April 20th



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

Gym Schedule is subject to change based on programming needs. Thank you for understanding!

[www.ymcaboston.org/northsuburban](http://www.ymcaboston.org/northsuburban)

Please call ahead for availability: 781-935-3270

**ADULT SPORTS: (Including Pickleball, Volleyball & Badminton-18+)**

Sign up is required in the App or Motionvibe and check-in

**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!**

