

GYM SCHEDULE

North Suburban YMCA
April 21st- April 27th (Break Week)



	Monday 4/21	Tuesday 2/22	Wednesday 2/23	Thursday 2/24	Friday 2/25	Saturday 2/26	Sunday 2/27	
5:30 AM								
6:00 AM								
6:30 AM	Open Gym 5:30 - 8:45 AM	Open Gym 5:30 - 7:45 AM	Open Gym 5:30 - 8:45 AM	Open Gym 5:30 - 10:00 AM	Open Gym 5:30 - 8:45 AM	Open Gym 6:00 - 8:00 AM		
7:00 AM								
7:30 AM								
8:00 AM								
8:30 AM		Cardio Boxing 8:00 - 9:00 AM					Open Gym 8:00 - 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	RESERVED FOR HEALTHY KIDS DAY 8:00 AM- 1:00 PM		
9:30 AM								
10:00 AM	Open Gym 10:00 - 1:00 PM	Open Gym 9:00 AM - 1:00 PM	Open Family Gym 10:00AM - 12:00 PM	Open Family Gym 10:00AM - 12:00 PM	Open Gym 10:00 - 4:00 PM		Pickleball Mixed Levels 10:00 AM - 12:00 PM	
10:30 AM								
11:00 AM								
11:30 AM								
12:00 PM								
12:30 PM								
1:00 PM	RESERVED FOR FAMILY PROGRAM 1:00 - 4:00 PM	RESERVED FOR FAMILY PROGRAM 1:00 - 4:00 PM	RESERVED FOR FAMILY PROGRAM 1:00 - 4:00 PM	RESERVED FOR FAMILY PROGRAM 1:00 - 4:00 PM		Open Gym 1:00 - 2:00 PM	Birthday Parties 1:00 - 3:00 PM	
1:30 PM								
2:00 PM								
2:30 PM								
3:00 PM								
3:30 PM								
4:00 PM	Open Gym 4:00 - 5:00 PM	Teen Only Gym 4:00 - 5:00 PM	Open Gym 4:00 - 6:00 PM	Open Gym 4:00 - 6:00 PM	Family Gym 4:00 - 5:00 PM	Open Gym 3:00 - 6:00 PM	Open Gym 3:00 - 6:00 PM	
4:30 PM								
5:00 PM	Family Gym 5:00 - 6:00 PM							
5:30 PM		Open Gym 5:00 - 9:30 PM			Pickleball Mixed Levels 5:00 - 6:45 PM			
6:00 PM								
6:30 PM	Adult League Basketball (16+) (Registration Required) 6:00 - 9:30 PM			Adult (16+) Pick-up Volleyball 6:00 - 9:00 PM	Special Olympics 6:00 - 7:30 PM			
7:00 PM								
7:30 PM					Badminton (16+) 7:30 - 9:00PM			
8:00 PM								
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!

