

GYM SCHEDULE

North Suburban YMCA
June 23rd – September 1st



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 AM							
6:00 AM							
6:30 AM	Open Gym 5:30 – 7:45 AM	Open Gym 5:30 – 8:00 AM	Open Gym 5:30 – 7:45 AM	Open Gym 5:30 – 8:00 AM	Open Gym 5:30 – 7:45 AM		
7:00 AM						Open Gym 6:00 AM – 8:45 AM	
7:30 AM							
8:00 AM	Total Body Conditioning 8:00 – 9:00 AM		Total Body Conditioning 8:00 – 9:00 AM		Total Body Conditioning 8:00 – 9:00 AM		
8:30 AM						Total Body Conditioning 9:00 – 10:00 AM	Open Gym 8:00 AM – 10:00 AM
9:00 AM							
9:30 AM							
10:00 AM							
10:30 AM							Pickleball Mixed Levels 10 AM – 12:00 PM
11:00 AM						Sports Classes 10 AM – 12:45 PM	
11:30 AM							
12:00 PM							Open Family Gym 12:00 – 1:00 PM
12:30 PM	CAMP 8:00 – 5:30 PM	CAMP 8:00 – 5:30 PM	CAMP 8:00 – 5:30 PM	CAMP 8:00 – 5:30 PM	CAMP 8:00 – 5:30 PM	Open Gym 12:45 PM – 2:00 PM	
1:00 PM							Birthday Parties 1:00 PM – 3:00 PM
1:30 PM						Open Family Gym 2:00 – 3:00 PM	
2:00 PM							
2:30 PM						Teen Only Gym 3:00 – 4:00 PM	Teen Only Gym 3:00 – 4:00 PM
3:00 PM							
3:30 PM							
4:00 PM							
4:30 PM		Sports Classes 4:30 – 5:30 PM	Sports Classes 4:30 – 5:30 PM		Family Gym 4:00 – 5:00 PM	Open Gym 4:00 PM – 6:00 PM	Open Gym 4:00 PM – 6:00 PM
5:00 PM	Family Gym 5:00 – 6:00 PM						
5:30 PM			Open Gym 5:30 PM – 9:30 PM	Open Gym 5:30 PM – 6:00 PM	Pickleball Mixed Levels 5:30 PM – 6:45 PM		
6:00 PM							
6:30 PM				Special Olympics 6:00 – 7:30 PM			
7:00 PM							
7:30 PM	Adult League Basketball (16+) (Registration Required) 6:00 – 9:30 PM	Sports Classes 6:00 – 8:45 PM					
8:00 PM			Adult (16+) Pick-up Volleyball 6:00 – 9:00 PM				
8:30 PM				Badminton (16+) 7:30 – 9:00 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-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!

