

GYM SCHEDULE

North Suburban YMCA
November 3rd – December 31st



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday			
5:30 AM	Open Gym 5:30 – 8:45 AM	Open Gym 5:30 – 7:45 AM	Open Gym 5:30 – 8:45AM	Open Gym 5:30 – 7:45 AM	Open Gym 5:30 – 8:45 AM	Open Gym 6:00 – 8:45 AM				
6:00 AM										
6:30 AM		Boxercise 8:00 – 8:45 AM		RESERVED 8:00 – 8:45 AM						
7:00 AM										
7:30 AM										
8:00 AM							Open Gym 8:00 – 10:00 AM			
8:30 AM										
9:00 AM	Total Body Conditioning 9:00 – 10:00 AM	Pickleball ** LEVEL 2 ** 9:00 – 11:00 AM	Total Body Conditioning 9:00 – 10:00 AM	Pickleball LEVEL 1 9:00 – 11:00 AM	Total Body Conditioning 9:00 – 10:00 AM	Total Body Conditioning 9:00 – 10:00 AM				
9:30 AM										
10:00 AM	Pickleball LEVEL 1 10:00 AM – 1:00 PM	Pickleball LEVEL 1 11:00 AM – 1:00 PM	Pickleball ** LEVEL 2 ** 10:00 AM – 1:00 PM	Pickleball ** LEVEL 2 ** 11:00 AM – 1:00 PM	Pickleball ** LEVEL 2 ** 10:00 AM – 1:00 PM	Sports Classes 10:00AM – 1:00 PM	Pickleball Mixed Levels 10:00AM – 12:00 PM			
10:30 AM										
11:00 AM										
11:30 AM										
12:00 PM							Open Family Gym 12:00 – 1:00 PM			
12:30 PM										
1:00 PM	Open Gym 1:00 – 3:30 PM	Open Gym 1:00 – 3:45 PM	Open Gym 1:00 – 3:45 PM	Open Gym 1:00 – 5:00 PM	Open Gym 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						Open Family Gym 2:00 – 3:00 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	Sports Classes 3:30 – 6:00 PM	Sports Classes 3:45 – 6:00 PM	Sports Classes 3:45 – 6:00 PM	Sports Classes 5:00 – 6:00 PM	Family Gym 4:00 – 5:00 PM	Open Gym 4:00 PM – 5:45 PM	Open Gym 4:00 – 5:45 PM			
4:00 PM										
4:30 PM										
5:00 PM										
5:30 PM										
6:00 PM	Adult League Basketball (18+) (Registration Required) 6:00 – 9:30 PM	Open Gym 6:00 – 9:15PM	Adult (16+) Pick-up Volleyball 6:00 – 9:00 PM	Special Olympics 6:00 – 7:30 PM	Pickleball Mixed Levels 5:00 – 7:00 PM					
6:30 PM										
7:00 PM				Badminton (16+) 7:30 – 9:00PM	Open Gym 7:00 – 7:45 PM					
7:30 PM										
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-18+, Volleyball-16+ & Badminton-18+)
Sign up is required in the App or Motionvibe and check-in

FAMILY GYM: This is a structured time 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: Open gym time for caregivers and their children to exercise and play games. There will be preset bag of equipment available for families to grab at the Welcome Center.

REGISTER HERE!

