

GYM SCHEDULE

North Suburban YMCA
January 5th - February 15th



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 AM							
6:00 AM							
6:30 AM							
7:00 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	
7:30 AM							
8:00 AM		Boxercise 8:00 - 8:45 AM		RESERVED 8:00 - 8:45 AM			
8:30 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	Total Body Conditioning 9:00 - 10:00 AM	
9:30 AM		Pickleball ** LEVEL 2 ** 9:00 - 11:00 AM		Pickleball LEVEL 1 9:00 - 11:00 AM			
10:00 AM		Pickleball LEVEL 1 10:00 - 11:30 AM		Pickleball LEVEL 1 10:00 - 11:30 AM			
10:30 AM					Pickleball ** LEVEL 2 ** 10:00 - 11:30 AM		Pickleball Mixed Levels 10:00AM - 12:00 PM
11:00 AM					Pickleball ** LEVEL 2 ** 11:00 AM - 1:00 PM		
11:30 AM		Pickleball LEVEL 1 11:00 AM - 1:00 PM		Pickleball ** LEVEL 2 ** 11:30 AM - 1:00 PM	Pickleball LEVEL 1 11:30 AM - 1:00 PM		Open Family Gym 12:00 - 1:00 PM
12:00 PM		Pickleball ** LEVEL 2 ** 11:30 AM - 1:00 PM					
12:30 PM							
1:00 PM						Open Gym 1:00 - 2:00 PM	
1:30 PM							Birthday Parties 1:00 - 3:00 PM
2:00 PM	Open Gym 1:00 - 4:00 PM	Open Gym 1:00 - 3:45 PM	Open Gym 1:00 - 3:45 PM	Open Gym 1:00 - 4:30 PM	Open Gym 1:00 - 4:00 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							
4:00 PM					Family Gym 4:00 - 5:00 PM		
4:30 PM	Sports Classes 4:00 - 6:00 PM	Sports Classes 3:45 - 6:00 PM	Sports Classes 3:45 - 6:00 PM	Sports Classes 4:30 - 6:00 PM		Open Gym 4:00 PM - 5:45 PM	Open Gym 4:00 - 5:45 PM
5:00 PM							
5:30 PM							
6:00 PM				Special Olympics 6:00 - 7:30 PM	Pickleball Mixed Levels 5:00 - 7:00 PM		
6:30 PM							
7:00 PM					Open Gym 7:00 - 7:45 PM		
7:30 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	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-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.

