

# GYM SCHEDULE

North Suburban YMCA  
February 23rd - April 19th



	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 - 7:45 AM	Open Gym 5:30 - 8:45 AM	Open Gym 5:30 - 8:45 AM	Open Gym 5:30 - 8:45 AM	Open Gym 6:00 - 8:45 AM			
7:00 AM									
7:30 AM									
8:00 AM		Boxercise 8:00 - 8:45 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	Sports Classes 9:00AM - 2:00 PM	Open Gym 8:00 - 10:00 AM		
9:30 AM									
10:00 AM	Pickleball LEVEL 1 10:00 - 11:30 AM		Pickleball LEVEL 1 10:00 - 11:30 AM		Pickleball ** LEVEL 2 ** 10:00 - 11:30 AM		Pickleball Mixed Levels 10:00AM - 12:00 PM		
10:30 AM									
11:00 AM		Pickleball LEVEL 1 11:00 AM - 1:00 PM		Pickleball ** LEVEL 2 ** 11:00 AM - 1:00 PM					
11:30 AM	Pickleball ** LEVEL 2 ** 11:30 AM - 1:00 PM		Pickleball ** LEVEL 2 ** 11:30 AM - 1:00 PM		Pickleball LEVEL 1 11:30 AM - 1:00 PM				
12:00 PM						Open Family Gym 12:00 - 1:00 PM			
12:30 PM									
1:00 PM									
1:30 PM									
2:00 PM	Open Gym 1:00 - 4:00 PM	Open Gym 1:00 - 4:00 PM	Open Gym 1:00 - 4:00 PM	Open Gym 1:00 - 3:30 PM	Open Gym 1:00 - 4:00 PM	Open Family Gym 2:00 - 3:00 PM	Birthday Parties 1:00 - 3:00 PM		
2:30 PM									
3:00 PM									
3:30 PM						Teen Only Gym 3:00 - 4:00 PM			
4:00 PM									
4:30 PM	Sports Classes 4:00 - 6:00 PM	Teen Only Gym 4:00 - 6:00 PM	Teen Only Gym 4:00 - 6:00 PM	Sports Classes 3:30 - 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		
5:00 PM									
5:30 PM									
6:00 PM									
6:30 PM									
7:00 PM									
7:30 PM	Adult League Basketball (18+) (Registration Required) 6:00 - 9:30 PM	Open Gym 6:00 - 9:15 PM	Adult (16+) Pick-up Volleyball 6:00 - 9:00 PM	Special Olympics 6:00 - 7:30 PM	Open Gym 7:00 - 7:45 PM				
8:00 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](http://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 use.

REGISTER HERE!

