

GYM SCHEDULE

North Suburban YMCA
April 20th – April 26th



	Monday 4/20	Tuesday 4/21	Wednesday 4/22	Thursday 4/23	Friday 4/24	Saturday 4/25	Sunday 4/26				
5:30 AM	Open Gym 5:30 – 8:45 AM	Open Gym 5:30 – 7:30 AM	Open Gym 5:30 – 7:30 AM	Open Gym 5:30 – 7:30 AM	Open Gym 5:30 – 7:30 AM	Open Gym 6:00 – 8:45 AM					
6:00 AM											
6:30 AM											
7:00 AM											
7:30 AM											
7:30 AM		CAMP 7:30 – 8:00 AM	CAMP 7:30 – 9:00 AM	CAMP 7:30 – 9:00 AM	CAMP 7:30 – 9:00 AM						
8:00 AM											
8:30 AM		Boxercise 8:00 – 8:45 AM									
9:00 AM	Total Body Conditioning 9:00 – 10:00 AM	CAMP 8:45 AM – 4:15 PM	Total Body Conditioning 9:00 – 10:00 AM	CAMP 7:30 AM – 4:15 PM	Total Body Conditioning 9:00 – 10:00 AM	Total Body Conditioning 9:00 – 10:00 AM	Open Gym 8:00 – 10:00 AM				
9:30 AM											
10:00 AM	Open Gym 10:00 AM – 1:00 PM		CAMP 10:00 AM – 4:15 PM		CAMP 10:00 AM – 4:15 PM	CAMP 10:00 AM – 4:00 PM	CAMP 10:00 AM – 4:00 PM	Open Gym 10:00 AM – 3:00 PM	Pickleball (18+) Mixed Levels 10:00AM – 12:00 PM		
10:30 AM											
11:00 AM											
11:30 AM											
12:00 PM											
12:30 PM							Open Family Gym 12:00 – 1:00 PM				
1:00 PM	FAMILY PROGRAM 1:00 – 4:00 PM	Open Gym 1:00 – 4:00 PM	CAMP 10:00 AM – 4:15 PM	CAMP 7:30 AM – 4:15 PM	CAMP 10:00 AM – 4:00 PM	CAMP 10:00 AM – 4:00 PM	Open Family Gym 12:00 – 1:00 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											
4:30 PM	Sports Classes 4:00 – 6:00PM	Teen Only Gym (13+) 4:15 – 5:15 PM	Teen Only Gym (13+) 4:15 – 5:15 PM	Teen Only Gym (13+) 4:15 – 5:15 PM	Family Gym 4:00 – 5:00 PM	Open Gym 4:00 – 5:45 PM	Open Gym 4:00 – 5:45 PM	Open Gym 4:00 – 5:45 PM			
5:00 PM											
5:30 PM			Open Gym 5:15 – 6:00PM	Open Gym 5:15 – 6:00PM	Pickleball (18+) Mixed Levels 5:00 – 7:00 PM						
6:00 PM											
6:30 PM	Adult League Basketball (18+) (Registration Required) 6:00 – 9:00PM	Open Gym 5:15 – 9:15PM	Adult (16+) Pick-up Volleyball 6:00 – 9:00PM	Special Olympics 6:00 – 7:30 PM							
7:00 PM											
7:30 PM							Open Gym 7:00 – 7:45 PM				
8:00 PM							Badminton (16+) 7:30 – 9:00PM				
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: Oen gym time for caregivers and their children to exercise and play games. There will be preset bag of equipment available for families to grab.

REGISTER HERE!

