

# GYM SCHEDULE

North Suburban YMCA  
April 27th – June 21st



	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 – 8:45AM	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							Open Gym 8:00 – 10:00 AM					
9:30 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						
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	Sports Classes 10:00 – 11:00 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		Open Gym 11:00 AM – 2:00 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			Open Family Gym 12:00 – 1:00 PM				
12:00 PM												
12:30 PM												
1:00 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 – 4:00 PM	Open Gym 1:00 – 4:00 PM	Open Gym 1:00 – 4:00 PM	Open Gym 1:00 – 4:00 PM	Open Family Gym 2:00 – 3:00 PM						
2:30 PM												
3:00 PM												
3:30 PM											Teen Only Gym 3:00 – 4:00 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	Open Gym 4:00 – 6:00 PM	Teen Only Gym 4:00 – 6:00 PM	Open Gym 4:00 – 6:00 PM	Family Gym 4:00 – 5:00 PM	Open Gym 4:00 – 5:45 PM	Open Gym 4:00 – 5:45 PM				
5:00 PM												
5:30 PM						Pickleball Mixed Levels 5:00 – 7:00 PM						
6:00 PM												
6:30 PM					Special Olympics 6:00 – 7:30 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 – 9:15 PM	Adult (16+) Pick-up Volleyball 6:00 – 9:00 PM									
8:00 PM												
8:30 PM							Badminton (16+) 7:30 – 9:00PM					
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!

