

GYM SCHEDULE

North Suburban YMCA
July 6th – August 31st



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 AM	Open Gym 5:30 – 8:00 AM	Open Gym 5:30 – 8:00 AM	Open Gym 5:30 – 8:00 AM	Open Gym 5:30 – 8:00 AM	Open Gym 5:30 – 8:00 AM	Open Gym 6:00 – 8:45 AM	
6:00 AM							
6:30 AM							
7:00 AM							
7:30 AM							
8:00 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	Total Body Conditioning 9:00–10:00 AM	Total Body Conditioning 9:00–10:00 AM	Open Gym 8:00 – 10:00 AM
8:30 AM							
9:00 AM							
9:30 AM							Pickleball Mixed Levels 10:00–12:00 PM
10:00 AM							
10:30 AM							Open Family Gym 12:00 – 1:00 PM
11:00 AM							
11:30 AM							Open Family Gym 12:45 – 2:00 PM
12:00 PM							
12:30 PM	CAMP 8:00 – 5:30 PM	CAMP 8:00 – 5:30 PM	CAMP 8:00 – 5:30 PM	CAMP 8:00 – 5:30 PM	CAMP 8:00 – 5:30 PM	Open Family Gym 2:00 – 3:00 PM	Open Family Gym 12:00 – 1:00 PM
1:00 PM							
1:30 PM							Open Family Gym 2:00 – 3:00 PM
2:00 PM							
2:30 PM							Teen Only Gym 3:00 – 4:00 PM
3:00 PM							
3:30 PM							Teen Only Gym 3:00 – 4:00 PM
4:00 PM							
4:30 PM						Family Gym 4:00 – 5:00 PM	Open Gym 4:00 – 6:00 PM
5:00 PM							
5:30 PM	Open Gym 5:30 – 6:00 PM	Teen Only Gym 6:00 – 7:00 PM	Open Gym 5:30 – 6:00 PM	Sports Classes 4:15 – 6:00 PM	Pickleball Mixed Levels 5:00–7:00 PM	Open Gym 4:00 – 6:00 PM	Open Gym 4:00 – 6:00 PM
6:00 PM							
6:30 PM	Adult League Basketball (16+) (Registration Required) 6:00 – 9:30 PM	Open Gym 7:00–9:15 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		
7:00 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, Volleyball & Badminton-18+)

Sign up is required in the App or Motionvibe and check-in

FAMILY GYM: This is a structured time run by staff, 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: Gym time for caregivers and their children to exercise and play games. This is not staffed. There will be equipment available (basketballs, bowling set etc.

REGISTER HERE!

