

GYM SCHEDULE

North Suburban YMCA
September 7th – November 1st



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday				
5:30 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 – 9:45 AM	Open Gym 5:30 – 8:45 AM	Open Gym 6:00 – 8:45 AM					
6:00 AM											
6:30 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	Open Gym 9:00 – 11:00 AM	Total Body Conditioning 9:00 – 10:00 AM	Intro to Pickleball 18+ 10:00 – 11:00 AM	Total Body Conditioning 9:00 – 10:00 AM	Sports Classes 10:00AM – 2:30 PM	Bounce N Play 8:30 – 10:00 AM				
9:30 AM											
10:00 AM	Pickleball LEVEL 1 10:00 – 11:30 AM	Pickleball LEVEL 1 11:00 AM – 1:00 PM	Pickleball LEVEL 1 10:00 – 11:30 AM		Open Gym 10:00 – 11:30 AM						
10:30 AM								Pickleball Mixed Levels 10:30 – 12:00 PM			
11:00 AM											
11:30 AM											
12:00 PM	Pickleball ** LEVEL 2 ** 11:30 AM – 1:00 PM	11:00 AM – 1:00 PM	Pickleball ** LEVEL 2 ** 11:30 AM – 1:00 PM	Pickleball ** LEVEL 2 ** 11:00 AM – 1:00 PM	Pickleball LEVEL 1 11:30 AM – 1:00 PM			Open Family Gym 12:00 – 1:00 PM			
12:30 PM											
1:00 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	Sports Classes 10:00AM – 2:30 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 – 6:00 PM	Teen Only Gym 4:00 – 6:00 PM	Teen Only Gym 4:00 – 6:00 PM	Sports Classes 4:00 – 6:00 PM	Family Gym 4:00 – 5:00 PM						
5:00 PM											
5:30 PM					Pickleball Mixed Levels 5:00 – 7:00 PM						
6:00 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						
6:30 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-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!

