GYM SCHEDULE

North Suburban YMCA
November 2nd – December 20th

	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 – 10:00 AM	Open Gym 5:30 – 8:45 AM		
6:00 AM						Open Gym 6:00 – 8:45 AM	
6:30 AM							
7:00 AM							
7:30 AM							
8:00 AM		Cardio Boxing 8:00 – 8:45 AM					
8:30 AM							Bounce N Play 8:30 – 10:00 AM
9:00 AM	Total Body Conditioning 9:00 – 10:00 AM	Open Gym 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	
9:30 AM							
10:00 AM	Intermediate Pickleball 18+ 10:00 – 11:00 AM	Pickleball ** LEVEL 2 ** 10:00 – 11:30 AM	Pickleball LEVEL 1 10:00 – 11:30 AM	Intro to Pickleball 18+ 10:00 – 11:00 AM	Open Gym 10:00 – 11:00 AM	Sports Classes 10:00AM – 1:30 PM	
10:30 AM							Pickleball Mixed Levels 10:30 – 12:00 PM
11:00 AM	Pickleball ** LEVEL 2 ** 11:00 AM – 1:00 PM			Pickleball LEVEL 1 11:00 AM – 1:00 PM	Pickleball ** LEVEL 2 ** 11:00 AM – 1:00 PM		
11:30 AM		Pickleball LEVEL 1 11:30 AM – 1:00 PM	Pickleball ** LEVEL 2 ** 11:30 AM – 1:00 PM				
12:00 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 – 3:30 PM	Open Gym 1:00 – 4:00 PM		Birthday Parties 1:00 – 3:00 PM
1:30 PM						Open Gym 12:30 – 2:30 PM	
2:00 PM							
2:30 PM						Open Family Gym 2:30 – 3:30 PM	
3:00 PM							Teen Only Gym 3:00 – 4:00 PM
3:30 PM				Sports Classes 3:30 – 6:00 PM		Teen Only Gym 3:30 – 4:30 PM	
4:00 PM	Sports Classes 4:00 – 6:00 PM	Sports Classes 4:00 – 6:00 PM	Sports Classes 4:00 – 6:00 PM		Family Gym 4:00 – 5:00 PM		Open Gym 4:00 – 5:45 PM
4:30 PM						Open Gym 4:00 PM – 5:45 PM	
5:00 PM					Pickleball Mixed Levels 5:00 – 7:00 PM		
5:30 PM							
6:00 PM	Adult League Basketball (18+) (Registration Required) 6:00 – 9:30 PM	Teen Only Gym 6:00 – 7:00 PM	Adult (16+) Pick-up Volleyball 6:00 – 9:00 PM	Special Olympics 6:00 – 7:30 PM			
6:30 PM							
7:00 PM		Open Gym 7:00 – 9:15 PM			Open Gym 7:00 – 7:45 PM		
7:30 PM				Badminton (16+) 7:30 – 9:00PM			
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!