



Elmhurst YMCA

Gym Schedule

April 10 - June 4

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday			
5:00am		Fitness 5-6am	Open Gym 4:45-8:50am	Fitness 5-6am	Open Gym 4:45-9:50am	Fitness 5-6am	Adult Gym 6-7:50am			
5:30am										
6:00am										
6:30am										
7:00am		Open Gym 6:10-8:50am				Open Gym 6:10-8:50am			Open Gym 6:10-8:15am	
7:30am										
8:00am		Open Gym 8-8:50am								
8:30am						Fitness 8-10:00am				
9:00am	Fitness 9-9:55am	Fitness 9-11am	Fitness 9-10:45am	Fitness 9am-12pm	Fitness 10:00-11am	Fitness 8:30-11am	Youth Fitness 10:05-11:00am			
9:30am										
10:00am	Open Gym 10:00am-5:50pm	Open Gym 11am-12pm	Open Gym 10:50am-12pm							
10:30am										
11:00am										
11:30am										
12:00pm			Adult Gym 12-1:30pm	Adult Gym 12-1:30pm	Adult Gym 12-1:30pm	Adult Gym 11:05-1:30pm				
12:30pm										
1:00pm										
1:30pm			Open Gym 1:30-3:30pm	Open Gym 1:30-3:30pm	Open Gym 1:30-3:30pm					
2:00pm										
2:30pm										
3:00pm					Open Gym 1:30-5:50pm	Open Gym 1:30-3:30pm	Open Gym 11:05am-5:50pm			
3:30pm		ASA 3:30-5:00pm	ASA/ Sports Clinics 3:30-5:30pm	ASA 3:30-5:30pm		ASA 3:30-5:30pm				
4:00pm										
4:30pm										
5:00pm										
5:30pm			Open Gym 5:30-6:50pm							
6:00pm		Open Gym 5:00-9:50pm	Fitness 7-8pm	Open Gym 5:30-9:50pm	Fitness 6-8pm	Open Gym 6:00-9:50pm				
6:30pm										
7:00pm										
7:30pm										
8:00pm										
8:30pm		Open Gym 8:10-9:50pm		Open Gym 8:10-9:50pm						
9:00pm										
9:30pm										

*During open gym time the court may be divided by the curtain into 2 half courts.

*Youth 8-10 must be accompanied by a parent or caregiver 11+ years old.
Designated caregiver must have a valid membership.

* Youth age 7 and under must be under the direct supervision of their parent/guardian.

*Youth 13-15 years old may attend group fitness classes, unless the class is specifically noted for 16+ year of age marked with an * on the fitness schedule.