



Elmhurst YMCA

Gym Schedule

August 29 - October 23

	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				
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	Adult Gym 6-7:50am	
7:30am										
8:00am		Open Gym 8-8:50am								Fitness 8-10:00am
8:30am										
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-1:50pm	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										
2:00pm										
2:30pm		Family Sports 2:00-2:50pm	ASA 3:30-5:00pm	Open Gym 1:30-3:30pm	Open Gym 1:30-3:30pm	Open Gym 1:30-4:15pm	Ballers 11:15am-12:05pm	Open Gym 11:05am-4:00pm		
3:00pm						Adult Gym 12:10-1:30				
3:30pm						Open Gym 1:30-3:30pm				
4:00pm										
4:30pm	Open Gym 3:00-5:50pm		ASA/ Sports Clinics 3:30-5:50pm	ASA/ Sports Clinics 3:30-5:45pm	Sports Clinics 4:20-6:00pm	ASA 3:30-5:30pm	Yball Games 4-8pm			
5:00pm										
5:30pm		Sports 5-7pm								
6:00pm			Youth Fitness 6:00-7:00pm							
6:30pm					Fitness 6-8pm					
7:00pm										
7:30pm				Fitness 7-8pm	Open Gym 5:50-9:50pm		Open Gym 6:00-9:50pm			
8:00pm			Open Gym 7:10-9:50pm							
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 under the age of 11 must be accompanied in the by a parent or person 18+ years old.

*Youth under 12 are not permitted in an adult exercise class. Participation of youth 12-15 is at the discretion of the Fitness Director based on behavior and maturity level.