



Elmhurst YMCA

Gym Schedule

June 5 - August 13

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