



Elmhurst YMCA

2018 Winter Session Gym Schedule

January 8-February 18, 2018

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
5:00am		Fitness 5-6am	Open Gym 4:45-8:50am	Fitness 5-6am	Open Gym 4:45-7:45am	Fitness 5-6am		
5:30am		Open Gym 6:10-8:50am		Open Gym 6:10-8:50am		Open Gym 6:10-8:50am		Pickleball 7:45-9:45am
6:00am								
6:30am								
7:00am								
7:30am								
8:00am		Open Gym 8-8:50am		Fitness 9-11am	Fitness 9-10:45am	Fitness 9-11am		Open Gym 10-11am
8:30am	Fitness 9-9:55am	Fitness 9-11am	Fitness 9-11am				Open Gym 10-11am	
9:00am								
9:30am	Open Gym 10:00am-6pm	Open Gym 11am-12pm	Open Gym 10:50am-12pm	Adult Gym 11:05am-1:30pm	Adult Gym 11am-1:30pm	Ballers 11:35am-12:20pm		
10:00am		Adult Gym 12-1:30pm	Adult Gym 12-1:30pm			Adult Gym 11:05am-1:30pm	Adult Gym 11am-1:30pm	Adult Gym 12:30-1:30pm
10:30am								
11:00am								
11:30am								
12:00pm								
12:30pm								
1:00pm								
1:30pm								
2:00pm								
2:30pm	Open Gym 1:30-3:30pm	Open Gym 1:30-3:30pm	Open Gym 1:30-3:30pm	Open Gym 1:30-3:30pm	Open Gym 1:30-3:30pm	Open Gym 11:05am-5:50pm		
3:00pm	ASA 3:30-5pm	ASA/ Sports Clinics 3:30-5:50pm	ASA/ Sports Clinics 3:30-5:50pm	ASA/ Elite Training 3:45-5:50pm	ASA 3:30-5:50pm			
3:30pm								
4:00pm								
4:30pm								
5:00pm								
5:30pm	Pickleball 5:15-7:15pm	Open Gym 6-6:55pm	Open Gym 6-9:50pm	Fitness 6-8pm	Open Gym 6-9:50pm			
6:00pm								
6:30pm	Open Gym 7:20-9:50pm	Open Gym 8:10-9:50pm	Open Gym 8:10-9:50pm	Open Gym 8:10-9:50pm	Open Gym 8:10-9:50pm			
7:00pm								
7:30pm								
8:00pm								
8:30pm								
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.