



Elmhurst YMCA

Gym Schedule

August 14 - October 29

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday			
5:00am		Fitness 5-6am	Open Gym 4:45-8:50am	Fitness 5-6am	Open Gym 4:45-7:40am	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					Pickleball 7:45-9:45am	Fitness 8-10:00am				
9:00am	Fitness 9-9:55am	Fitness 9-11am	Fitness 9-10:45am	Fitness 9am-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			Fitness 10:00-11am				
10:30am										
11:00am										
11:30am			Adult Gym 12-1:30pm	Adult Gym 12-1:30pm	Adult Gym 11:05-1:30pm	Adult Gym 11:05-1:30pm	Ballers 11:35am-12:05pm	Open Gym 11:05am-12:25pm		
12:00pm										
12:30pm						Adult Gym 12:10-1:30	Fall Youth Basketball Games 12:30-7pm (Ends Nov 4th)			
1:00pm										
1:30pm		Sports Fusion 2:00-2:45pm	Open Gym 1:30-3:30pm	Sports Fusion 2:00-2:45pm	Open Gym 1:30-3:30pm					
2:00pm	Family Sports 2:00-2:30pm									
2:30pm						Open Gym 1:30-3:30pm				
3:00pm										
3:30pm	Open Gym 3:00-5:50pm	ASA 3:30-5:00pm								
4:00pm			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				
4:30pm										
5:00pm										
5:30pm			Pickleball 5:15-7:15pm							
6:00pm			Open Gym 6-6:55pm	Open Gym 6-9:50pm	Fitness 6-8pm	Open Gym 6:00-9:50pm				
6:30pm										
7:00pm			Fitness 7-8pm							
7:30pm										
8:00pm			Open Gym 7:20-9:50pm	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.