



the power of **PLAY**

ELMHURST YMCA GYMNASIUM SCHEDULE

AUGUST 1-9, 2024

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Open Gym	8-8:45am 10am-5pm	9:30am-12:45pm 6-9pm	5-6am 11am-12:45pm 5-6pm	11am-12pm 5-9pm	5-6am 10am-3pm 5-6pm 8-9pm	11am-12:30pm 5-9pm	8-8:45am 11:15am-6pm
Groups & Classes			Adult Basketball 6-7:30am		Adult Basketball 6-7:30am		Adult Basketball 6-8am
	Fitness 9-9:45am	Fitness 5:30-6:15am 5-6pm	Fitness 9:45-10:45am	Fitness 5:30-6:15am 9:45-10:45am		Fitness 5:30-6:15am 9:45-10:45am	Fitness 9-9:45am 10-11am
		Camp 7:45-9:15am 1-5pm	Camp 7:45-9:15am 1-5pm	Camp 7:45-9:15am 12-5pm	Camp 7:45-9:15am 3-5pm	Camp 7:45-9:15am 12:30-5pm	
			Pickleball 6-9pm	Pickleball 6:30-7:30am	Pickleball 6-7:45pm	Pickleball 6:30-7:30am	

- Youth under the age of 11 must be accompanied by a guardian or person 18+ years old.
- Youth under 12 are not permitted in an adult group exercise class. Participation of youth 12-15 is at the discretion of the Fitness Director based on behavior and maturity level.
- No food or drink (except for water) allowed in the gym.

Schedule is subject to change.
elmhurstymca.org

For additional information or questions, please contact 630-834-9200.