



# Elmhurst YMCA

## Gym Schedule

February 19 - April 15

	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											
6:00am		Open Gym 6:10-8:50am		Open Gym 6:10-8:50am		Open Gym 6:10-8:50am		Open Gym 6:10-8:15am			
6:30am											Adult Gym 6-7:50am
7:00am											
7:30am											
8:00am		Open Gym 8-8:50am		Fitness 9-11am		Fitness 9-10:45am		Fitness 9am-11am	Pickleball 7:45-9:45am	Fitness 8:30-11am	Fitness 8-10:00am
8:30am											
9:00am	Fitness 9-9:55am										
9:30am	Open Gym 10:00am-12:55pm	Open Gym 11am-12pm	Open Gym 10:50am-12pm		Fitness 10:00-11am		Youth Fitness 10:05-11:00am				
10:00am											
10:30am											
11:00am											
11:30am											
12:00pm											
12:30pm		Adult Gym 12:00-1:30pm	Adult Gym 12-1:30pm	Adult Gym 11:05-1:30pm	Adult Gym 11:05-1:30pm	Ballers 11:35am-12:05pm					
1:00pm	Family Sports Class 1-1:45pm					Adult Gym 12:10-1:30pm					
1:30pm											
2:00pm		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					
2:30pm											
3:00pm	Open Gym 1:55-4:50pm						Open Gym 11:05am-5:50pm				
3:30pm		ASA 3:30-5:10pm	ASA/ Sports Clinics 3:30-5:50pm	ASA/ Sports Clinics 3:30-6:00pm	ASA/ Elite Training 3:45-5:50pm	ASA 3:30-5:50pm					
4:00pm											
4:30pm											
5:00pm	Adult Basketball League 5-6pm	Pickleball 5:15-7:15pm									
5:30pm											
6:00pm			Open Gym 6-6:55pm	Open Gym 6:05-7:55pm	Fitness 6:00-8:00pm						
6:30pm											
7:00pm			Fitness 7-8pm			Open Gym 6:00-9:50pm					
7:30pm											
8:00pm		Open Gym 7:20-9:50pm	Open Gym 8:10-9:50pm	Winter Youth Basketball Team Practices 8:00-9:50pm	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.