



Elmhurst YMCA

Gym Schedule

October 29 - December 23

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

*During open gym time the court may be divided by the curtain into 2 half courts.

*Youth age 7 and under must be under direct supervision of their parent/guardian.

*Youth 8-10 must be accompanied by a parent or caregiver 11+ years old. Designated caregiver must have valid membership.

*Youth 13-15 years old may attend group fitness classes, unless the class is specifically noted for 16+ years of age marked with an * on the fitness schedule.