



Elmhurst YMCA

Gym Schedule

June 11 - September 3

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
5:00am		Fitness 5-6am	Adult Gym 4:45-7:15am	Fitness 5-6am	Adult Gym 4:45-7:15am	Fitness 5-6am		
5:30am		Adult Gym 6:10-7:15am		Adult Gym 6:10-7:15am		Adult Gym 6:10-7:15am		
6:00am		Adult Gym 6:10-7:15am	Summer Camp 7:15-8:45am	Summer Camp 7:15-8:45am	Summer Camp 7:15-8:45am	Summer Camp 7:15-8:45am		Adult Gym 6-7:50am
6:30am		Adult Gym 6:10-7:15am						
7:00am		Open Gym 8-8:50am	Open Gym 10am-12pm	Open Gym 10am-12pm	Open Gym 10am-12pm	Open Gym 10am-12pm		Fitness 8-10:10am
7:30am		Fitness 9-9:55am	Fitness 9-11am	Fitness 9-11am	Fitness 9-11am	Fitness 9-10am		
8:00am		Open Gym 10-11:30am	Open Gym 11am-12pm	Open Gym 11am-12pm	Open Gym 11am-12pm	Open Gym 10am-12pm		Sports 10am-12:00pm
8:30am	Fitness 9-9:55am	Adult Gym 12-1:30pm	Adult Gym 12-1:30pm	Adult Gym 12-1:30pm	Adult Gym 12-1:30pm	Open Gym 12-1:30pm		
9:00am	Open Gym 10-11:30am	Open Gym 11am-12pm	Open Gym 11am-12pm	Open Gym 11am-12pm	Open Gym 10am-12pm	Open Gym 10:15am-3:50pm		
9:30am	Fitness 9-9:55am	Adult Gym 12-1:30pm	Adult Gym 12-1:30pm	Adult Gym 12-1:30pm	Adult Gym 12-1:30pm			
10:00am	Open Gym 10-11:30am	Open Gym 11am-12pm	Open Gym 11am-12pm	Open Gym 11am-12pm	Open Gym 10am-12pm	Open Gym 10:15am-3:50pm		
10:30am	Open Gym 10-11:30am	Open Gym 11am-12pm	Open Gym 11am-12pm	Open Gym 11am-12pm	Open Gym 10am-12pm			
11:00am	Sports 11:30am-1:15pm	Open Gym 11am-12pm	Open Gym 11am-12pm	Open Gym 11am-12pm	Open Gym 10am-12pm	Sports 10am-12:00pm		
11:30am	Sports 11:30am-1:15pm	Adult Gym 12-1:30pm	Adult Gym 12-1:30pm	Adult Gym 12-1:30pm	Adult Gym 12-1:30pm		Open Gym 12-1:30pm	
12:00pm	Open Gym 10-11:30am	Open Gym 11am-12pm	Open Gym 11am-12pm	Open Gym 11am-12pm	Open Gym 10am-12pm	Open Gym 10:15am-3:50pm		
12:30pm	Open Gym 10-11:30am	Open Gym 11am-12pm	Open Gym 11am-12pm	Open Gym 11am-12pm	Open Gym 10am-12pm			
1:00pm	Open Gym 10-11:30am	Open Gym 11am-12pm	Open Gym 11am-12pm	Open Gym 11am-12pm	Open Gym 10am-12pm	Open Gym 10:15am-3:50pm		
1:30pm	Open Gym 10-11:30am	Open Gym 11am-12pm	Open Gym 11am-12pm	Open Gym 11am-12pm	Open Gym 10am-12pm			
2:00pm	Open Gym 10-11:30am	Open Gym 11am-12pm	Open Gym 11am-12pm	Open Gym 11am-12pm	Open Gym 10am-12pm	Open Gym 10:15am-3:50pm		
2:30pm	Open Gym 10-11:30am	Open Gym 11am-12pm	Open Gym 11am-12pm	Open Gym 11am-12pm	Open Gym 10am-12pm			
3:00pm	Open Gym 10-11:30am	Open Gym 11am-12pm	Open Gym 11am-12pm	Open Gym 11am-12pm	Open Gym 10am-12pm	Open Gym 10:15am-3:50pm		
3:30pm	Open Gym 10-11:30am	Open Gym 11am-12pm	Open Gym 11am-12pm	Open Gym 11am-12pm	Open Gym 10am-12pm			
4:00pm	Open Gym 10-11:30am	Open Gym 11am-12pm	Open Gym 11am-12pm	Open Gym 11am-12pm	Open Gym 10am-12pm	Open Gym 10:15am-3:50pm		
4:30pm	Open Gym 10-11:30am	Open Gym 11am-12pm	Open Gym 11am-12pm	Open Gym 11am-12pm	Open Gym 10am-12pm			
5:00pm	Open Gym 10-11:30am	Open Gym 11am-12pm	Open Gym 11am-12pm	Open Gym 11am-12pm	Open Gym 10am-12pm	Open Gym 10:15am-3:50pm		
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8:30pm	Open Gym 10-11:30am	Open Gym 11am-12pm	Open Gym 11am-12pm	Open Gym 11am-12pm	Open Gym 10am-12pm			
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9:30pm	Open Gym 10-11:30am	Open Gym 11am-12pm	Open Gym 11am-12pm	Open Gym 11am-12pm	Open Gym 10am-12pm			

*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.

*Schedule/classes subjected to change due to inclement weather and accommodations needed for day campers.