



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	Fitness 9-11am	Fitness 9-11am	Fitness 9-11am	Open Gym 10am-12pm		Fitness 8-10:10am
7:30am		Fitness 9-9:55am						
8:00am		Open Gym 10-11:30am	Open Gym 11am-12pm	Open Gym 11am-12pm	Open Gym 11am-12pm	Sports 10am-12:00pm		Open Gym 10:15am-3:50pm
8:30am	Fitness 9-9:55am							
9:00am	Open Gym 11am-12pm	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		
9:30am	Open Gym 11am-12pm							
10:00am	Sports 11:30am-1:15pm	Summer Camp 1:30-5:30pm Sports 4:30-5:30pm	Summer Camp 1:30-5:30pm Sports 4:30-5:30pm	Summer Camp 1:30-5:30pm Sports 4:30-5:30pm	Open Gym 1:30-3:30pm	Open Gym 10:15am-3:50pm		
10:30am	Adult Gym 12-1:30pm							
11:00am	Open Gym 1:15-3:50pm	Open Gym 5:30-9:50pm	Open Gym 5:30-6:50pm	Open Gym 5:30-9:50pm	Sports 3:45-5:20pm Elite Training 4:30-5:30pm	Open Gym 1:30-5:30pm		
11:30am	Open Gym 1:15-3:50pm							
12:00pm		Open Gym 5:30-9:50pm	Fitness 7-8pm	Open Gym 5:30-9:50pm	Fitness 6-8pm	Open Gym 5:30-9:50pm		
12:30pm							Open Gym 5:30-9:50pm	
1:00pm		Open Gym 5:30-9:50pm	Open Gym 8:10-9:50pm	Open Gym 8:10-9:50pm	Open Gym 8:10-9:50pm	Open Gym 8:10-9:50pm		
1:30pm		Open Gym 5:30-9:50pm						
2:00pm		Open Gym 5:30-9:50pm	Open Gym 8:10-9:50pm	Open Gym 8:10-9:50pm	Open Gym 8:10-9:50pm	Open Gym 8:10-9:50pm		
2:30pm		Open Gym 5:30-9:50pm						
3:00pm		Open Gym 5:30-9:50pm	Open Gym 8:10-9:50pm	Open Gym 8:10-9:50pm	Open Gym 8:10-9:50pm	Open Gym 8:10-9:50pm		
3:30pm	Open Gym 5:30-9:50pm							
4:00pm	Open Gym 5:30-9:50pm	Open Gym 8:10-9:50pm	Open Gym 8:10-9:50pm	Open Gym 8:10-9:50pm	Open Gym 8:10-9:50pm			
4:30pm	Open Gym 5:30-9:50pm							
5:00pm	Open Gym 5:30-9:50pm	Open Gym 8:10-9:50pm	Open Gym 8:10-9:50pm	Open Gym 8:10-9:50pm	Open Gym 8:10-9:50pm			
5:30pm	Open Gym 5:30-9:50pm							
6:00pm	Open Gym 5:30-9:50pm	Open Gym 8:10-9:50pm	Open Gym 8:10-9:50pm	Open Gym 8:10-9:50pm	Open Gym 8:10-9:50pm			
6:30pm	Open Gym 5:30-9:50pm							
7:00pm	Open Gym 5:30-9:50pm	Open Gym 8:10-9:50pm	Open Gym 8:10-9:50pm	Open Gym 8:10-9:50pm	Open Gym 8:10-9:50pm			
7:30pm	Open Gym 5:30-9:50pm							
8:00pm	Open Gym 5:30-9:50pm	Open Gym 8:10-9:50pm	Open Gym 8:10-9:50pm	Open Gym 8:10-9:50pm	Open Gym 8:10-9:50pm			
8:30pm	Open Gym 5:30-9:50pm							
9:00pm	Open Gym 5:30-9:50pm	Open Gym 8:10-9:50pm	Open Gym 8:10-9:50pm	Open Gym 8:10-9:50pm	Open Gym 8:10-9:50pm			
9:30pm	Open Gym 5:30-9:50pm							

*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.