



Elmhurst YMCA

Gym Schedule

October 30 - December 24

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday			
5:00am		Fitness 5-6am	Open Gym 4:45-8:50am	Fitness 5-6am	Open Gym 4:45-8:30am	Fitness 5-6am				
5:30am										
6:00am										
6:30am										
7:00am		Open Gym 6:10-8:50am				Open Gym 6:10-8:50am			Open Gym 6:10-8:15am	Adult Gym 6-7:50am
7:30am										
8:00am		Open Gym 8-8:50am								
8:30am					Pickleball 8:45-9:45am		Fitness 8-10:00am			
9:00am	Fitness 9-9:55am		Fitness 9-10:45am							
9:30am		Fitness 9-11am				Fitness 8:30-11am				
10:00am	Open Gym 10:00am-6pm			Fitness 9am-11am			Youth Fitness 10:05-11:00am			
10:30am			Open Gym 10:50am-12pm		Fitness 10:00-11am					
11:00am			Open Gym 11am-12pm							
11:30am						Ballers 11:35am-12:05pm				
12:00pm			Adult Gym 12-1:30pm	Adult Gym 12-1:30pm	Adult Gym 11:05-1:30pm	Adult Gym 11:05-1:30pm		Open Gym 11:05am-5:50pm		
12:30pm										
1:00pm										
1:30pm							Adult Gym 12:10-1:30pm			
2:00pm			Sports PK Class 2:00-2:45pm	Open Gym 1:30-3:30pm	Sports PK Class 2:00-2:45pm	Open Gym 1:30-3:30pm				
2:30pm										
3:00pm							Open Gym 1:30-3:30pm			
3:30pm			ASA 3:30-5:10pm							
4:00pm				ASA/ Sports Clinics 3:30-5:50pm	ASA/ Sports Clinics 3:30-5:50pm	ASA/ Elite Training 3:45-5:50pm	ASA 3:30-5:50pm			
4:30pm										
5:00pm										
5:30pm										
6:00pm		Pickleball 5:15-7:15pm	Open Gym 6-6:55pm							
6:30pm					Fitness 6-8pm					
7:00pm										
7:30pm				Fitness 7-8pm						
8:00pm					Open Gym 6-9:50pm		Open Gym 6:00-9:50pm			
8:30pm			Open Gym 7:20-9:50pm	Open Gym 8:10-9:50pm						
9:00pm					Open Gym 8:10-9:50pm					
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.