



Elmhurst YMCA Gym Schedule

April 15-June 3



Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> ▪ Boot Camp 5-5:55am Adult Basketball 6-9am ▪ Y Boot Camp 9:00-9:55am ▪ PIYO® 10:00-10:55am ▪ Volleyball 11:00-11:55am (1/2 gym) ▪ Adult Basketball 12:05-1:30pm ▪ Open Gym 1:30-4:00pm ▪ Youth Fitness 4:00-4:45 pm (1/2 gym) ▪ After School 3:30-4:30pm (1/2 gym) ▪ Open Gym 4:30-6:30pm (1/2 gym) ▪ CXWORX™ 5:30-6:00pm (1/2 gym) ▪ Boxing 6:30 – 7:00pm (1/2 gym) * Open Gym 7:30-10:00pm (1/2 gym play) 	<ul style="list-style-type: none"> ▪ Adult Basketball 5-8:50am ▪ Body Pump™ 9:00-9:55am ▪ CXWORX™ 10:00-10:30am ▪ Adult Basketball 11:05am-1:30pm ▪ Open Gym 1:40-3:30pm ▪ bball clinic 3:45-5:20 pm (Full gym) ▪ CXWORX™ 6:20-6:50pm ▪ Zumba® X2 7:00-8:30pm (full gym) ▪ Open Volleyball 8:30-10:00pm (1/2 gym) ▪ Open Gym 8:30-10:00pm (1/2 gym) 	<ul style="list-style-type: none"> ▪ Boot Camp 5-5:55am Adult Basketball 6:00-9:00am ▪ Y Boot Camp 9:00-9:55am ▪ Pilates 10:00-10:55am ▪ Volleyball 11-11:55 am (1/2 gym) ▪ Open Gym 12:45-6:00pm (1/2 gym) ▪ After School 3:30-4:30pm (1/2 gym) ▪ Family Sh'Bam™ 6:15-7:00pm *Basketball Practice 7:00-8:15pm *Adult Basketball 8:30-10:00pm (FULL COURT) 	<ul style="list-style-type: none"> ▪ Adult Basketball 5-8:50am ▪ Body Pump™ /Ball 10:00-10:55am ▪ Adult Basketball 11:05am-1:00pm ▪ Open Gym 1:00-4:00pm (1/2 Gym) ▪ Preschool Ballers 1:00-1:30pm (1/2 Gym) ▪ After School 3:30-4:30pm (1/2 gym) ▪ Flag Football 4:00-5:00pm ▪ Volleyball Practice 5:00-6:50pm (1/2 Gym) ▪ Open Gym 5:00-6:15pm (1/2 gym) ▪ House of Pain 6:15-6:45pm (1/2 gym) ▪ Zumba® 7:00-7:55pm (full gym) *Open Volleyball 8:00-10:00pm (1/2 gym) ▪ Open Gym 8:00-10:00pm (1/2 gym) 	<ul style="list-style-type: none"> ▪ Boot Camp 5-5:55am *Adult Basketball 6:00-9:00am ▪ Zumba® 9:00-9:55am ▪ Home SchoolGym® 10:00-10:45am (1/2 gym) ▪ Volleyball 11:00-11:55am (1/2 gym) ▪ Adult Basketball 12:05-1:30pm ▪ Open Gym 1:30-6:00pm (1/2 gym) ▪ After School 3:30-4:30pm (1/2 gym) ▪ Family Sh'Bam™ 6:15-7:00pm *Open Gym 7:00-10:00 (1/2 gym play only)
Saturday		Sunday		
<ul style="list-style-type: none"> ▪ Open Gym- 6-8:00am ▪ Fitness 8:00-11:00am ▪ Family Gym-11am-2pm 		<ul style="list-style-type: none"> ▪ Open Gym- 8:00-9:00am ▪ Zumba® 9:00-10:00am ▪ Family Gym 10am-2pm 		

Schedule is subject to change at any time. Changes will be posted at the front desk and on gym doors.



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