



the power of **PLAY**

ELMHURST YMCA GYMNASIUM SCHEDULE

APRIL 2014

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Open Gym	8-8:45am 10am-5pm	5am-3pm 6-9pm	5-6am 7:30-8:45am 11:15am-3pm	5-6am 10:15am-3pm 6-9pm	5-6am 7:30am-3pm 8-9pm	10:45am-3pm 6-9pm	8-8:45am 11:30am-6pm
Groups & Classes			Adult Basketball 6-7:30am		Adult Basketball 6-7:30am		Adult Basketball 6-8am
	Fitness 9-9:45am		Fitness 9-11am	Fitness 9-10am		Fitness 5:30-6:30am 9-10:30am	Fitness 9-11:15am
		ASA 3-6 pm	ASA 3-6 pm	ASA 3-6 pm	ASA 3-6 pm	ASA 3-6 pm	
			Pickleball 6-8:30pm	Pickleball 6-8:30am	Pickleball 6-7:45pm	Pickleball 6:45-8:30am	

- Youth under the age of 11 must be accompanied by a guardian or person 18+ years old.
- Youth under 12 are not permitted in an adult group exercise class. Participation of youth 12-15 is at the discretion of the Fitness Manager based on behavior and maturity level.
- NO food or drink (with the exception of water) allowed in the gym.

Schedule is subject to change.

elmhurstymca.org

For additional information or questions, please contact 630-834-9200.