

HEALTHY LIVING

Malden YMCA Gym 1 Schedule



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday						
5:30-6:30am	Open	Open	Open	Open	Open								
6:30-7:30am													
7:30-8:30am													
8:30-9:30am													
9:30-10:30am	SACC	SACC	SACC	SACC	SACC	Open	Open						
10:30-11:30am													
11:30-12:00pm													
12:00-1:00pm													
1:00-2:00pm													
2:00-3:00pm													
3:00-4:00pm						Private Rentals (12-6pm)							
4:00-5:00pm													
5:00-5:30pm													
5:30-6:00pm													
6:00-7:00pm													
6:00-7:00pm						Open		Open	Open	Open	Open	Open	Closes 5:45pm
7:00-7:30pm													
7:30-8:00pm	Men's Basketball League												
8:00-9:00pm													
9:00-9:45pm													
	Closes 9:45pm	Closes 9:45pm	Closes 9:45pm	Closes 9:45pm	Closes 9:45pm								

*Schedule is subject to change

**Updated Feb. 15th 2019

HEALTHY LIVING

Malden YMCA Gym 2 Schedule



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FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
5:30-6:30am	Open	Open	Open	Open	Open				
6:30-7:30am									
7:30-8:30am									
8:30-9:30am									
9:30-10:00am									
10:00-11:00am	Camp	Camp	Camp	Camp	Camp	Open	Family Gym		
11:00-12:00pm									
11:30-12:00pm									
12:00-1:00pm									
1:00-2:00pm	Open	Open	Open	Open	Open	Open	Open		
2:00-3:00pm									
3:00-4:00pm									
4:00-4:30pm	Camp	Camp	Camp	Camp	Camp	Open	Closes 5:45pm		
4:30-5:30pm									
5:30-6:00pm			Open					ZUMBA (6:15-7:15pm)	Family Dance Party (5:30-6:15pm)
6:00-7:00pm									
7:00-7:30pm	Open (6:15-7:30pm)								
7:30-8:00pm	Men's Basketball League	Pick-up Volleyball (7:30-9:45pm)		Open					
8:00-9:00pm									
9:00-9:45pm									
	Closes 9:45pm	Closes 9:45pm	Closes 9:45pm	Closes 9:45pm	Closes 9:45pm				

*Schedule is subject to change

**Updated Feb. 15th, 2019

For information on Youth Programs,
Gym Rentals, Playgroup, and Family Gym,
see Program Guide