

# HEALTHY LIVING

## Malden YMCA Gym 1 Schedule



FOR YOUTH DEVELOPMENT<sup>®</sup>  
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	SACC	SACC	SACC	SACC	SACC	Open	Open		
8:30-9:30am									
9:30-10:30am									
10:30-11:30am									
11:30-12:00pm									
12:00-1:00pm									
1:00-2:00pm						Private Rentals			
2:00-3:00pm									
3:00-4:00pm									
4:00-5:00pm						Open			
5:00-5:30pm									
5:30-6:00pm								Open	Closes 5:45pm
6:00-7:00pm								Zumba	
7:00-7:30pm	Zumba								
7:30-8:00pm	Men's Basketball League								
8:00-9:00pm		Open							
9:00-9:45pm	Closes 9:45pm	Closes 9:45pm	Closes 9:45pm	Closes 9:45pm	Closes 9:45pm	Closes 7:45pm			

\*Schedule is subject to change

\*\*Updated June 21, 2018

**Youth & Government**  
Learn how government works, be a better citizen of the community, have fun! Contact Karen Gately at 781-324-7680x217

# HEALTHY LIVING

## Malden YMCA Gym 2 Schedule



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	Camp	Camp	Camp	Camp	Camp	Open Open	Open
8:30-9:30am							
9:30-10:00am							
10:00-11:00am							
11:00-12:00pm							
11:30-12:00pm							
12:00-1:00pm							
1:00-2:00pm							
2:00-3:00pm							
3:00-4:00pm							
4:00-4:30pm							
4:30-5:30pm							
5:30-6:00pm							
6:00-7:00pm							Open
7:00-7:30pm							
7:30-8:00pm	Closes 9:45pm	Closes 9:45pm	Closes 9:45pm	Closes 9:45pm	Closes 9:45pm		
8:00-9:00pm							
9:00-9:45pm							
		Men's Basketball League	Pick-up Volleyball				

\*Schedule is subject to change

\*\*Updated June 21, 2018

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