

EAC Gym Schedule

EFFECTIVE JANUARY 2, 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5 am								5 am
5:30								5:30
6 am		OPEN GYM ends 9:25						6 am
6:30								6:30
7 am			OPEN GYM ends 8:25	OPEN GYM ends 9:25	OPEN GYM ends 9:25	OPEN GYM ends 7:55		7 am
7:30	OPEN GYM ends 10:25							7:30
8 am							OPEN GYM ends 9:20	8 am
8:30			8:30 Nia			8:00 Open Volleyball ends 10:15		8:30
9 am							9:30 Full Body Blast	9 am
9:30		9:30 Sports Conditioning	9:30 Zumba®	9:30 WERQ	9:30 Sports Conditioning			9:30
10 am								10 am
10:30								10:30
11 am	10:30 Total Body Training	OPEN BASKETBALL		OPEN BASKETBALL	10:30 Zumba®	10:30 WERQ	OPEN BASKETBALL ends 11:25	11 am
11:30								11:30
12 pm		12:00 HIIT		12:00 HIIT		11:30 Total Body Training	11:30 Zumba®	12 pm
12:30		12:30 Hard Core		12:30 Hard Core				12:30
1 pm								1 pm
1:30	OPEN BASKETBALL ends 3:55		OPEN BASKETBALL ends 4:25		OPEN BASKETBALL ends 3:55		OPEN BASKETBALL	1:30
2 pm		OPEN BASKETBALL ends 3:55		OPEN BASKETBALL ends 3:55				2 pm
2:30								2:30
3 pm							2:00 Family Basketball	3 pm
3:30								3:30
4 pm	4:00 Kids Basketball Program & Youth Climbing	4:00 Kids Basketball Program & Youth Climbing		4:00 Kids Basketball Program	4:00 Kids Basketball Program & Youth Climbing			4 pm
4:30			4:30 Youth Climbing			OPEN BASKETBALL		4:30
5 pm								5 pm
5:30								5:30
6 pm		6:00 WERQ		5:30 Zumba®				6 pm
6:30							OPEN BASKETBALL	6:30
7 pm				OPEN BASKETBALL ends 7:55				7 pm
7:30					OPEN BASKETBALL			7:30
8 pm	OPEN BASKETBALL		OPEN BASKETBALL					8 pm
8:30		OPEN BASKETBALL						8:30
9 pm				8:00 Volleyball League				9 pm
9:30								9:30
10 pm								10 pm
10:30								10:30
11 pm								11 pm

The gym schedule is subject to change throughout the season. Please check ChicagoAthleticClubs.com for the most current schedule.

*This is a fee-based program, see customer services desk to register.

EAC Gym Programming

Open Basketball

Members can enjoy full use of the basketball court during the times identified on the schedule.

Family Basketball

Members and their children have access to our basketball court on specific dates and times.

SUNDAYS 2:00-4:00 PM

Pricing

MEMBERS FREE
NON-MEMBERS \$10.00 per person

- Parent supervision is required.
- Children under the age of 4 may use opposite sex locker rooms when accompanied by an adult. Children 4 and older must use the Family Locker Rooms located next to the pool.

Kids Basketball Program (Ages 9-13 yrs.)

Youth basketball program designed to not only develop great ball playing skills but also build strong leaders. Classes focus on basketball fundamentals: ball handling, shooting, footwork and much more!

Days and times vary by session. Visit ChicagoAthleticClubs.com for current schedule.

Pricing

DROP-IN CLASS \$25 CLASS
9 CLASS PACKAGE \$180
FULL SESSION (18 DAYS) \$360

Open Volleyball

The gym is open for two hours on Saturday mornings to allow members to practice their skills and play in pick-up games.

SATURDAYS 8:00-10:15 AM

Pricing

MEMBERS FREE
NON-MEMBERS \$25 PER VISIT

Volleyball League

The league is open to both members and non-members. Fall, Winter, and Spring leagues run for 10 weeks, plus one week for playoffs.

THURSDAYS 8:00-11:00 PM

Pricing

MEMBERS \$30 PER PERSON
NON-MEMBERS \$60 PER PERSON

Register online at:

ChicagoAthleticClubs.com/eac-volleyball-registration