



January Gym Schedules

*Schedules subject to change based on JCC Programming

Lower Gym								
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
5:30 a.m.			Open Gym					5:30 a.m.
6 a.m.			Bootcamp					6 a.m.
6:30 a.m.		Open Gym		Open Gym				6:30 a.m.
7 a.m.	Open Gym		Basketball Rental		Open Gym	Open Gym		7 a.m.
7:30 a.m.								7:30 a.m.
8 a.m.								8 a.m.
8:30 a.m.	30+ Basketball	BODYPUMP™	Open Gym	BODYPUMP™				8:30 a.m.
9 a.m.								9 a.m.
9:30 a.m.								9:30 a.m.
10 a.m.	Bootcamp	Open Gym	Core Class (10:30-10:45)	45+ Basketball (Pickup)	Core Class (10:30-10:45)	Bootcamp	Open Gym	10 a.m.
10:30 a.m.								10:30 a.m.
11 a.m.	Open Gym		BODYPUMP™		BODYPUMP™	Open Gym	BODYPUMP™	11 a.m.
11:30 a.m.								11:30 a.m.
12 p.m.		18+ Basketball (Pickup)		18+ Basketball (Pickup)		18+ Basketball (Pickup)		12 p.m.
12:30 p.m.								12:30 p.m.
1 p.m.			Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	1 p.m.
1:30 p.m.	Basketball League	Open Gym						1:30 p.m.
2 p.m.								2 p.m.
2:30 p.m.								2:30 p.m.
3 p.m.								3 p.m.
3:30 p.m.								3:30 p.m.
4 p.m.	Volleyball Rental (Half)/ Open Gym (Half)	30+ Basketball (Pickup)	Under 18 Basketball (Pickup)	30+ Basketball (Pickup)	18+ Basketball (Pickup)	30+ Basketball (Pickup)		4 p.m.
4:30 p.m.								4:30 p.m.
5 p.m.								5 p.m.
5:30 p.m.								5:30 p.m.
6 p.m.		Open Gym* *Until 6:25 p.m.		Open Gym* *Until 6:25 p.m.	Open Gym* *Until 6:25 p.m.	Open Gym		6 p.m.
6:30 p.m.					BODYPUMP EXPRESS™			6:30 p.m.
7 p.m.		BODYPUMP™	Volleyball Rental	BODYPUMP™	Core Class (7:15-7:30)			7 p.m.
7:30 p.m.								7:30 p.m.
8 p.m.		Open Gym		Open Gym	Basketball Rental			8 p.m.
8:30 p.m.								8:30 p.m.
9 p.m.								9 p.m.

J-Play+ is FREE for members- 90 minute limit. Children 12 and over may be left unsupervised in the JCC.
*Basketballs are available to check out at the Health and Wellness desk.

Upper Gym								
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
5:30 a.m.								5:30 a.m.
6 a.m.								6 a.m.
6:30 a.m.	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym		6:30 a.m.
7 a.m.								7 a.m.
7:30 a.m.								7:30 a.m.
8 a.m.	30+ Basketball (Pickup)				Open Gym			8 a.m.
8:30 a.m.								8:30 a.m.
9 a.m.		Pickleball	JCC Early Childhood	Pickleball		Pickleball		9 a.m.
9:30 a.m.	J-Play+ (Half)/ Open Gym (Half)		Boomerwall Class (Half)					9:30 a.m.
10 a.m.								
10:30 a.m.							J-Play+ (Half)/ Open Gym (Half)	10:30 a.m.
11 a.m.			JCC Early Childhood					11 a.m.
11:30 a.m.								11:30 a.m.
12 p.m.								12 p.m.
12:30 p.m.						18+ Basketball (Pickup)	Open Gym	12:30 p.m.
1 p.m.	Pickleball	18+ Basketball (Pickup)	Open Gym	18+ Basketball (Pickup)		Open Gym		1 p.m.
1:30 p.m.								1:30 p.m.
2 p.m.		Open Gym		Open Gym				2 p.m.
2:30 p.m.								2:30 p.m.
3 p.m.							JCC Programming	3 p.m.
3:30 p.m.								3:30 p.m.
4 p.m.	Open Gym		Basketball Rental		J-Play+ (Half)/ Youth Sports (Half)	Basketball Rental		4 p.m.
4:30 p.m.	Basketball Clinic	J-Play+ (Half)/ Open Gym (Half)	J-Play+ (Half)/ Open Gym (Half)	J-Play+ (Half)/ Open Gym (Half)	J-Play+ (Half)/ TRX & EWGA Class (Half)	J-Play+ (Half)/ Open Gym (Half)		4:30 p.m.
5 p.m.			J-Play+ (Half)/ Tumble Tuesday (Half)					5 p.m.
5:30 p.m.								5:30 p.m.
6 p.m.								6 p.m.
6:30 p.m.								6:30 p.m.
7 p.m.								7 p.m.
7:30 p.m.		Basketball Rental	Open Gym	Basketball Rental	Open Gym			7:30 p.m.
8 p.m.				Open Gym				8 p.m.
8:30 p.m.								8:30 p.m.
9 p.m.								9 p.m.

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