



February 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	Open Gym	Open Gym	Open Gym	Open Gym		5:30 a.m.
6 a.m.			Bootcamp		Your Own HIIT			6 a.m.
6:30 a.m.	Open Gym	Open Gym	Basketball Rental	Open Gym	Open Gym	Open Gym		6:30 a.m.
7 a.m.			7 a.m.					
7:30 a.m.		BODYPUMP™	Open Gym	BODYPUMP™	Open Gym	Open Gym		7:30 a.m.
8 a.m.								8 a.m.
8:30 a.m.	30+ Basketball	Open Gym	Open Gym	45+ Basketball (Pickup)	Open Gym	Open Gym		8:30 a.m.
9 a.m.								9 a.m.
9:30 a.m.	Bootcamp	Open Gym	CXWORX™	BODYPUMP™	CXWORX™	Bootcamp	Open Gym	9:30 a.m.
10 a.m.								10 a.m.
10:30 a.m.	CXWORX™	Open Gym	BODYPUMP™	Open Gym	Open Gym	Open Gym	BODYPUMP™	10:30 a.m.
11 a.m.								11 a.m.
11:30 a.m.	Open Gym	18+ Basketball (Pickup)	Open Gym	18+ Basketball (Pickup)	Open Gym	18+ Basketball (Pickup)	CXWORX™	11:30 a.m.
12 p.m.								12 p.m.
12:30 p.m.	Drew Corson Basketball (Half)/ Open Gym (Half)	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	12:30 p.m.
1 p.m.								1 p.m.
1:30 p.m.	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	1:30 p.m.
2 p.m.								2 p.m.
2:30 p.m.	Open Gym	30+ Basketball (Pickup)	Under 18 Basketball (Pickup)	30+ Basketball (Pickup)	18+ Basketball (Pickup)	30+ Basketball (Pickup)	Open Gym	2:30 p.m.
3 p.m.								3 p.m.
3:30 p.m.	Volleyball Rental (Half)/ Open Gym (Half)	Open Gym*	Boxing	Open Gym*	Open Gym*	Bootcamp	Open Gym	3:30 p.m.
4 p.m.								4 p.m.
4:30 p.m.	Open Gym	BODYPUMP™	Open Gym	BODYPUMP™	BODYPUMP EXPRESS™	Open Gym	Open Gym	4:30 p.m.
5 p.m.								5 p.m.
5:30 p.m.	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	5:30 p.m.
6 p.m.								6 p.m.
6:30 p.m.	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	6:30 p.m.
7 p.m.								7 p.m.
7:30 p.m.	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	7:30 p.m.
8 p.m.								8 p.m.
8:30 p.m.	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	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.	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym		5:30 a.m.	
6 a.m.								6 a.m.	
6:30 a.m.								6:30 a.m.	
7 a.m.	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym		7 a.m.	
7:30 a.m.								7:30 a.m.	
8 a.m.	30+ Basketball (Pickup)	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym		Open Gym	8 a.m.
8:30 a.m.									8:30 a.m.
9 a.m.									9 a.m.
9:30 a.m.	J-Play+ (Half)/ Open Gym (Half)	JCC Early Childhood	JCC Early Childhood	JCC Early Childhood	JCC Early Childhood	JCC Early Childhood		J-Play+ (Half)/ Open Gym (Half)	9:30 a.m.
10 a.m.					10 a.m.				
10:30 a.m.					10:30 a.m.				
11 a.m.		11 a.m.							
11:30 a.m.		11:30 a.m.							
12 p.m.	Open Gym	18+ Basketball (Pickup)	Open Gym	18+ Basketball (Pickup)	Open Gym	Open Gym	Open Gym	12 p.m.	
12:30 p.m.								12:30 p.m.	
1 p.m.								1 p.m.	
1:30 p.m.	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	JCC Programming	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.	J-Play+ (Half)/ Open Gym (Half)	Open Gym	J-Play+ (Half)/ Open Gym (Half)	J-Play+ (Half)/ Open Gym (Half)	J-Play+ (Half)/ Open Gym (Half)	J-Play+ (Half)/ Open Gym (Half)	J-Play+ (Half)/ Open Gym (Half)	4 p.m.	
4:30 p.m.								4:30 p.m.	
5 p.m.								5 p.m.	
5:30 p.m.	*The Upper Gym is reserved for JCC School's Out Day 1 to 4:30 p.m. January 2 nd .	Family Fun Fit	(*Member Movie Night will be held on February 3 rd beginning at 6:15 p.m.)	Family Fun Fit	J-Play+ (Half)/ Open Gym (Half)	J-Play+ (Half)/ Open Gym (Half)		5:30 p.m.	
6 p.m.		J-Play+ (Half)/ Open Gym (Half)	J-Play+ (Half)/ Open Gym (Half)	J-Play+ (Half)/ Open Gym (Half)	J-Play+ (Half)/ Open Gym (Half)	6 p.m.			
6:30 p.m.		J-Play+ (Half)/ Open Gym (Half)	J-Play+ (Half)/ Open Gym (Half)	J-Play+ (Half)/ Open Gym (Half)	J-Play+ (Half)/ Open Gym (Half)	6:30 p.m.			
7 p.m.	*The Upper Gym is reserved for J-Family on Sunday, February 8 th from 1 until 4 p.m.	Open Gym	Open Gym	Basketball Rental	Open Gym	Open Gym		7 p.m.	
7:30 p.m.								7:30 p.m.	
8 p.m.								8 p.m.	
8:30 p.m.		8:30 p.m.							
9 p.m.		9 p.m.							

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