



August 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		Basketball Rental						Open Gym	6:30 a.m.
7 a.m.										
7:30 a.m.	Bootcamp		Open Gym		CXWORX™			BODYPUMP™	Open Gym	7:30 a.m.
8 a.m.										
8:30 a.m.	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym			Open Gym	8:30 a.m.	
9 a.m.										Volleyball Rental (Half)/ Open Gym (Half)
9:30 a.m.	Boxing						Open Gym	9:30 a.m.		
10 a.m.									Open Gym*	Open Gym
10:30 a.m.	BODYPUMP™	Open Gym	BODYPUMP™	BODYPUMP EXPRESS™	Open Gym	BODYPUMP™	Open Gym	10:30 a.m.		
11 a.m.									CXWORX™	Open Gym
11:30 a.m.	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	11:30 a.m.		
12 p.m.									Open Gym	Open Gym
12:30 p.m.	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	12:30 p.m.		
1 p.m.									Open Gym	Open Gym
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.									Open Gym	Open Gym
2:30 p.m.	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	2:30 p.m.		
3 p.m.									Open Gym	Open Gym
3:30 p.m.	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	3:30 p.m.		
4 p.m.									Open Gym	Open Gym
4:30 p.m.	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	4:30 p.m.		
5 p.m.									Open Gym	Open Gym
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.									Open Gym	Open Gym
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.									Open Gym	Open Gym
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.									Open Gym	Open Gym
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.									Open Gym	Open Gym

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		5:30 a.m.						
6 a.m.								6 a.m.						
6:30 a.m.	Open Gym							6:30 a.m.						
7 a.m.								7 a.m.						
7:30 a.m.	30+ Basketball (Pickup)							7:30 a.m.						
8 a.m.								8 a.m.						
8:30 a.m.	J-Play+ (Half)/ Open Gym (Half)	Pickleball	JCC Early Childhood	Pickleball	Open Gym	Pickleball	J-Play+ (Half)/ Open Gym (Half)	8:30 a.m.						
9 a.m.			9 a.m.											
9:30 a.m.			Boomerwall Class (Half)					9:30 a.m.						
10 a.m.		18+ Basketball (Pickup)	Open Gym	18+ Basketball (Pickup)		Open Gym	JCC Programming	10 a.m.						
10:30 a.m.								10:30 a.m.						
11 a.m.								11 a.m.						
11:30 a.m.	Open Gym	Open Gym	JCC Early Childhood	Open Gym	Open Gym	Open Gym	Open Gym	11:30 a.m.						
12 p.m.								12 p.m.						
12:30 p.m.		JCC Programming	JCC Programming	JCC Programming		JCC Programming	JCC Programming	12:30 p.m.						
1 p.m.								1 p.m.						
1:30 p.m.		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	Open Gym	Open Gym		Open Gym	Open Gym	2:30 p.m.						
3 p.m.								3 p.m.						
3:30 p.m.		Open Gym	Open Gym	Open Gym	Open Gym	Open Gym		3:30 p.m.						
4 p.m.								4 p.m.						
4:30 p.m.		JCC Programming	JCC Programming	JCC Programming		JCC Programming		4:30 p.m.						
5 p.m.								5 p.m.						
5:30 p.m.		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		6:30 p.m.						
7 p.m.								7 p.m.						
7:30 p.m.		JCC Programming	JCC Programming	JCC Programming		JCC Programming		7:30 p.m.						
8 p.m.								8 p.m.						
8:30 p.m.		Open Gym	Open Gym	Open Gym		Open Gym		8:30 p.m.						
9 p.m.								9 p.m.						

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