

June Gym Schedules
\*Schedules subject to change based on JCC Programming

|  | Lower Gym            |                      |                               |                                    |                               |   |                               |  |  |  |  |  |
|--|----------------------|----------------------|-------------------------------|------------------------------------|-------------------------------|---|-------------------------------|--|--|--|--|--|
|  | Sunday Monday        |                      |                               | Tuesday                            | Wednesday                     | Thursday  | Friday                        | Saturday   |  |  |  |  |
| 5:30<br>a.m.<br>6 a.m.<br>6:30<br>a.m.                     |                      |                      | Open                          | Open Gym<br>Bootcamp               | Open                          | ,   |                               | 5:30<br>a.m.<br>6<br>a.m.<br>6:30<br>a.m.                  |  |  |  |  |
| 7 a.m.<br>7:30<br>a.m.<br>8 a.m.                           | Open<br>Gym          |                      | Gym                           | Open                               | Gym                           | Open<br>Gym                                       | Open<br>Gym                   | 7<br>a.m.<br>7:30<br>a.m.<br>8<br>a.m.                     |  |  |  |  |
| 8:30<br>a.m.<br>9 a.m.                                     | 30+<br>Baskett       |                      | BODYPUMP™                     | Gym                                | BODYPUMP™                     |   |                               | 8:30<br>a.m.<br>9<br>a.m.<br>9:30                          |  |  |  |  |
| a.m.<br>10 a.m.<br>10:30<br>a.m.                           | Bootcamp             |                      | Open Core Class (10:30-10:45) |                                    | 45+<br>Basketball             | Core Class<br>(10:30-10:45)                       | Bootcamp                      | Open Gym 10<br>a.m.<br>10:3<br>0<br>a.m.                   |  |  |  |  |
| 11 a.m.<br>11:30<br>a.m.                                   | Oper<br>Gym          |                      |                               | BODYPUMP™                          | (Pickup)                      | BODYPUMP™   | Open<br>Gym                   | BODYPUMP 11 a.m.   |  |  |  |  |
| 12 p.m.<br>12:30<br>p.m.                                   | Basketball<br>League |                      | 18+<br>Basketball<br>(Pickup) |                                    | 18+<br>Basketball<br>(Pickup) |   | 18+<br>Basketball<br>(Pickup) | 12<br>p.m.<br>12:3<br>0<br>p.m.                            |  |  |  |  |
| 1 p.m.<br>1:30<br>p.m.<br>2 p.m.<br>2:30<br>p.m.           |                      |                      | Open<br>Gym                   | Open<br>Gym                        | Open<br>Gym                   | Open<br>Gym                                       | Open<br>Gym                   | Open Gym 2 2.33 p.m.                                       |  |  |  |  |
| 3 p.m.<br>3:30<br>p.m.<br>4 p.m.<br>4:30<br>p.m.<br>5 p.m. | Rental (             | Open<br>Gym<br>Half) | 30+<br>Basketball<br>(Pickup) | Under 18<br>Basketball<br>(Pickup) | 30+<br>Basketball<br>(Pickup) | 18+<br>Basketball<br>(Pickup)                     | 30+<br>Basketball<br>(Pickup) | 3 p.m.<br>3:30<br>p.m.<br>4 p.m.<br>4:30<br>p.m.<br>5 p.m. |  |  |  |  |
| 5:30<br>p.m.<br>6 p.m.<br>6:30<br>p.m.                     |                      |                      | Open Gym*<br>*Until 6:25 p.m. | Open<br>Gym                        | Open Gym*<br>*Until 6:25 p.m. | Open Gym* *Until 6:25 p.m. BODYPUMP EXPRESS™      | Open<br>Gym                   | 5:30<br>p.m.<br>6<br>p.m.<br>6:30<br>p.m.                  |  |  |  |  |
| 7 p.m. 7:30 p.m. 8 p.m. 8:30 p.m.                          |                      |                      | Open<br>Gym                   | Basketball<br>Rental               | BODYPUMP™<br>Open<br>Gym      | Core Class<br>(7:15-7:30)<br>Basketball<br>Rental |                               | 7<br>p.m.<br>7:30<br>p.m.<br>8<br>p.m.<br>8:30             |  |  |  |  |
| 9 p.m.   |                      |                      |                               |                                    |                               |   |                               | 9<br>p.m.  |  |  |  |  |

| Upper Gym                |                                |  |                               |  |                  |                               |                       |             |                             |                       |                           |                                   |
|--------------------------|--------------------------------|--|-------------------------------|--|------------------|-------------------------------|-----------------------|-------------|-----------------------------|-----------------------|---------------------------|-----------------------------------|
|                          | Sunday                         |  | Monday Tuesday                |  | Wednesday        | Thursday                      |                       | Friday      | ay Saturday                 |                       |                           |                                   |
| 5:30<br>a.m.<br>6 a.m.   |                                |  |                               |  |                  |                               |                       |             |                             |                       | 5:30<br>a.m.<br>6<br>a.m. |                                   |
| 6:30<br>a.m.             | Open<br>Gym                    |  | 0                             | Open<br>Gym  | Open<br>Gym      |                               |                       | 0           |                             |                       | 6:30<br>a.m.              |                                   |
| 7 a.m.<br>7:30           |                                |  | Open<br>Gym                   |  |                  |                               |                       | Open<br>Gym |                             |                       | 7<br>a.m.<br>7:30         |                                   |
| 8 a.m.                   | 30+                            |  |                               |  |                  |                               |                       |             |                             |                       | 8<br>a.m.                 |                                   |
| 8:30<br>a.m.<br>9 a.m.   | Basketball<br>(Pickup)         |  |                               |  |                  |                               |                       |             |                             |                       |                           | 8:30<br>a.m.                      |
| 9:30<br>a.m.<br>10 a.m.  |                                |  | Pickleball                    | JCC<br>Early<br>Childhood                          |                  | Open<br>Gym                   |                       |             |                             |                       | 9:30<br>a.m.              |                                   |
| 10:30<br>a.m.            | J-<br>Play                     | Open<br>Gym  |                               |  | erwall<br>(Half) | Pickleball                    |                       | Pickleball  | J-<br>Play+<br>(Half)       | Open<br>Gym<br>(Half) | a.m.<br>10:3<br>0<br>a.m. |                                   |
| 11:30<br>a.m.            | +<br>(Half)                    | (Half)   |                               | JCC<br>Early<br>Childhood                          |                  |                               |                       |             |                             |                       | (Hull)                    | a.m.<br>11:30<br>a.m.             |
| 12 p.m.<br>12:30<br>p.m. |                                |  |                               |  |                  |                               |                       |             | 18+ Basketball (Pickup) Gym |                       |                           | 12<br>p.m.<br>12:3<br>0           |
| 1 p.m.<br>1:30<br>p.m.   |                                |  | 18+<br>Basketball<br>(Pickup) | Open<br>Gym  |                  | 18+<br>Basketball<br>(Pickup) |                       |             |                             |                       |                           | p.m.<br>1<br>p.m.<br>1:30<br>p.m. |
| 2 p.m.<br>2:30<br>p.m.   | Pick                           | leball   |                               |  |                  |                               |                       |             | Open<br>Gym                 |                       |                           | 2<br>p.m.<br>2:30<br>p.m.         |
| 3 p.m.<br>3:30<br>p.m.   |                                |  | Open<br>Gym                   |  |                  | Open<br>Gym                   |                       |             |                             | JCC<br>Programming    |                           | 3<br>p.m.<br>3:30<br>p.m.         |
| 4 p.m.                   |                                |  |                               | JCC<br>Summer<br>Camp                              |                  |                               | JCC<br>Summer<br>Camp |             |                             |                       |                           | 4<br>p.m.                         |
| 4:30<br>p.m.<br>5 p.m.   | Open<br>Gym                    |  | JCC<br>Summer<br>Camp         |  |                  | JCC<br>Summer<br>Camp         |                       |             | JCC<br>Summer<br>Camp       |                       |                           |                                   |
| 5:30<br>p.m.<br>6 p.m.   |                                |  |                               |  |                  | - Camp                        |                       |             | Camp                        |                       |                           | p.m.<br>5:30<br>p.m.<br>6         |
| 6:30<br>p.m.             |                                | ules are   | Open Gym                      | Open<br>Gym<br>(Half)  Tumble<br>Tuesday<br>(Half) | Open Gym         | Open<br>Gym                   | TRX<br>(Half)         | Open Gym    |                             |                       | p.m.<br>6:30<br>p.m.      |                                   |
| 7 p.m.<br>7:30<br>p.m.   | subje<br>change<br>JCC S<br>Ca | ect to<br>based on<br>ummer<br>mp                      |                               |  |                  | (Half)                        |                       |             |                             |                       | 7<br>p.m.<br>7:30<br>p.m. |                                   |
| 8 p.m.                   | be brou<br>use the<br>gym du   | ers may<br>ght in to<br>e upper<br>e to rain<br>h heat |                               | Open Gym   |                  | Open Gym                      |                       |             |                             |                       | 8<br>p.m.                 |                                   |
| 8:30<br>p.m.<br>9 p.m.   | or high heat                   |  |                               |  |                  |                               |                       |             |                             |                       | 8:30<br>p.m.              |                                   |
| - Philis                 |                                |  |                               |  |                  |                               |                       |             |                             |                       |                           | p.m.                              |