



# May 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								6 a.m.		
6:30 a.m.		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	BODYPUMP™	Open Gym	BODYPUMP™	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.			Open Gym	BODYPUMP™	Open Gym	BODYPUMP™	Open Gym		9:30 a.m.					
10 a.m.		Bootcamp											Open Gym	10 a.m.
10:30 a.m.													Bootcamp	10:30 a.m.
11 a.m.		Open Gym		BODYPUMP™		BODYPUMP™		BODYPUMP™	11 a.m.					
11:30 a.m.		Basketball League	18+ Basketball (Pickup)	Open Gym	Open Gym	Open Gym	18+ Basketball (Pickup)	Open Gym	11:30 a.m.					
12 p.m.														12 p.m.
12:30 p.m.													12:30 p.m.	
1 p.m.													1 p.m.	
1:30 p.m.													1:30 p.m.	
2 p.m.			Open Gym		Open Gym		Open Gym		2 p.m.					
2:30 p.m.			30+ Basketball* (Pickup) *Until 6:25 p.m.	Under 18 Basketball (Pickup)	30+ Basketball* (Pickup) *Until 6:25 p.m.	18+ Basketball (Pickup)	30+ Basketball (Pickup)	Open Gym	2:30 p.m.					
3 p.m.												3 p.m.		
3:30 p.m.												3:30 p.m.		
4 p.m.		Volleyball Rental (Half)				Rock Steady Boxing				Rock Steady Boxing			4 p.m.	
4:30 p.m.													4:30 p.m.	
5 p.m.				Open Gym		Open Gym* *Until 6:25 p.m.	Better Body Boxing		5 p.m.					
5:30 p.m.									5:30 p.m.					
6 p.m.			BODYPUMP™	Better Body Boxing	BODYPUMP™	BODYPUMP EXPRESS™			6 p.m.					
6:30 p.m.											6:30 p.m.			
7 p.m.										Core Class (7:15-7:30)		7 p.m.		
7:30 p.m.			Open Gym	Open Gym		Open Gym			7:30 p.m.					
8 p.m.									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.		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.			Open Gym	Open Gym	Open Gym	Open Gym			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	Boomerwall Class (Half)	Pickleball	Open Gym	Pickleball	J-Play+ (Half)	Open Gym (Half)	9 a.m.						
9:30 a.m.	J-Play+ (Half)														9:30 a.m.
10 a.m.									Open Gym (Half)						
10:30 a.m.									10:30 a.m.						
11 a.m.			Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	11 a.m.						
11:30 a.m.														11:30 a.m.	
12 p.m.		Open Gym	Open Gym	Open Gym	Open Gym	18+ Basketball (Pickup)	Open Gym	Open Gym	12 p.m.						
12:30 p.m.															12:30 p.m.
1 p.m.	Pickleball	18+ Basketball (Pickup)	Open Gym	18+ Basketball (Pickup)	Open Gym	Open Gym	JCC Programming	JCC Programming	1 p.m.						
1:30 p.m.														1:30 p.m.	
2 p.m.				Open Gym					Open Gym	Open Gym	Open Gym	Open Gym	JCC Programming	JCC Programming	2 p.m.
2:30 p.m.															2:30 p.m.
3 p.m.			Open Gym	Open Gym	Open Gym	Open Gym	JCC Programming	JCC Programming	3 p.m.						
3:30 p.m.														3:30 p.m.	
4 p.m.	Open Gym	J-Play+ (Half)	Open Gym (Half)	J-Play+ (Half)	Open Gym (Half)	J-Play+ (Half)	Open Gym (Half)	TRX Class	4 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	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	6 p.m.						
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.									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.