

# APRIL GYM SCHEDULE

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
	Side 1	Side 2	Side 1	Side 2	Side 1	Side 2	Side 1	Side 2	Side 1	Side 2	Side 1	Side 2	Side 1	Side 2
5:30-6:00	Open Gym Both Sides			HIIT 6:00-6:45	Open Gym Both Sides			HIIT 6:00-6:45	Open Gym Both Sides		Please follow the gym schedule. Reserved programs have priority over open gym time.			
6:00-6:30														
6:30-7:00														
7:00-7:30														
7:30-8:00														
8:00-8:30														
8:30-9:00														
9:00-9:30	Silver Sneakers		Silver Sneakers		Silver Sneakers		Silver Sneakers		Silver Sneakers		Zumba			
9:30-10:00	Classic 9:15-10:00		Classic 9:15-10:00		Classic 9:15-10:00		Classic 9:15-10:00		Classic 9:15-10:00		9:00-10:00		Turbokick	
10:00-10:30	Silver Sneakers				Silver Sneakers				Active Agers				9:30-10:15	
10:30-11:00	Circuit 10:15-11:00		Zumba Gold		Circuit 10:15-11:00				Aerobics 10:15-11:00		Strong Nation		Kettlebell AMPD	
11:00-11:30			10:30-11:15								10:30-11:15		10:30-11:15	
11:30-12:00	LIPPMAN							Lippman	Lippman	Lippman				
12:00-12:30					11:30-12:30		Pickleball	11:30-12:30		11:30-12:30			Pickleball	
12:30-1:00		Open Gym Both Sides			Pickleball 12:30-2:30				ECE Enrichment Class 1:00-1:45	Open Gym Both Sides			Pickleball 12:00-2:30	
1:00-1:30	ECE Enrichment													
1:30-2:00	Class 1:00-1:45													
2:00-2:30	Open Gym													
2:30-3:00	Both Sides													
3:00-3:30														
3:30-4:00	After School													
4:00-4:30	Enrichment													
4:30-5:00	3:30-5:00		After School		After School		After School		Open Gym					
5:00-5:30														
5:30-6:00	Open Gym Both Sides			Zumba 6:00-7:00	Open Gym Both Sides					Open Gym Both Sides	<b>Shaw JCC Hours</b> Mon-Fri 5:30am-8:00pm Fri 5:30am-5:00pm (Shabbat) Sat/Sun 8:00am-4:00pm			
6:00-6:30														
6:30-7:00														
7:00-7:30														
7:30-8:00														

**NOTE:** Outdoor pickleball and tennis available!