

FEBRUARY / 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	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	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		Silver Sneakers				Active Agers		Strong Nation		9:30-10:15	
10:30-11:00	Circuit 10:15-11:00		Zumba Gold		Circuit 10:15-11:00		Zumba Gold		Aerobics 10:15-11:00		10:15-11:00		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		Open Gym Both Sides		Pickleball 12:00-2:30	
12:00-12:30							Pickleball	11:30-12:30	11:30-12:30					
12:30-1:00	Open Gym Both Sides		Open Gym Both Sides		Pickleball		Open Gym Both Sides		Pickleball		Open Gym Both Sides		Open Gym Both Sides	
1:00-1:30														
1:30-2:00														
2:00-2:30														
2:30-3:00														
3:00-3:30														
3:30-4:00														
4:00-4:30	Distance Learning Program 3:30-4:30				Open Gym Both Sides		Open Gym Both Sides		Open Gym Both Sides		Open Gym Both Sides		Open Gym Both Sides	
4:30-5:00														
5:00-5:30														
5:30-6:00														
6:00-6:30														
6:30-7:00														
7:00-7:30														
7:30-8:00	Open Gym Both Sides		Zumba		Open Gym Both Sides		Zumba		Open Gym Both Sides		Shaw JCC Hours 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														

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