

# JANUARY / 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	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	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	Circuit 10:15-11:00	Zumba Gold	Aerobics 10:15-11:00	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 11:30-12:30										Open Gym Both Sides		Pickleball 12:00-2:30		
12:00-12:30															
12:30-1:00	Pickleball	Open Gym Both Sides		Pickleball	Open Gym Both Sides		Pickleball	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					
1:00-1:30	12:30-2:30			12:30-2:30			12:30-2:30								
1:30-2:00															
2:00-2:30															
2:30-3:00															
3:00-3:30															
3:30-4:00	Distance Learning														
4:00-4:30	Program 3:30-4:30		Open Gym												
4:30-5:00			Both Sides												
5:00-5:30	Open Gym Both Sides														
5:30-6:00															
6:00-6:30		Zumba		Zumba											
6:30-7:00		6:00-7:00		6:00-7:00											
7:00-7:30															
7:30-8:00															

**NOTE:** Facility open 8am-1pm New Year's Day.