

JULY 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											**Gym closed 11:30-2:30pm July 6th-9th.**													
6:30-7:00											**Gym closed 11:30-2:30pm July 26th-30th**													
7:00-7:30											Silver Sneakers Classic 9:15-10:00		Silver Sneakers Classic 9:15-10:00		Silver Sneakers Classic 9:15-10:00		Silver Sneakers Classic 9:15-10:00		Silver Sneakers Classic 9:15-10:00		Zumba 9:00-10:00		Turbokick 9:30-10:15 Kettlebell AMPD 10:30-11:15	
7:30-8:00																								
8:00-8:30																								
8:30-9:00																								
9:00-9:30	Silver Sneakers Circuit 10:15-11:00		Zumba Gold 10:30-11:15		Silver Sneakers Circuit 10:15-11:00		Chair Pilates 10:15-11:00		Active Agers Aerobics 10:15-11:00		Open Gym Both Sides													
9:30-10:00																								
10:00-10:30	Open Gym Both Sides		Open Gym Both Sides		Pickleball 12:30-2:30		Pickleball 11:30-1:30		Open Gym Both Sides		Open Gym Both Sides		Pickleball 12:00-2:30											
10:30-11:00																								
11:00-11:30																								
11:30-12:00																								
12:00-12:30																								
12:30-1:00																								
1:00-1:30																								
1:30-2:00																								
2:00-2:30																								
2:30-3:00																								
3:00-3:30	Open Gym Both Sides		Open Gym Both Sides		Open Gym Both Sides		Open Gym Both Sides		Open Gym Both Sides		Open Gym Both Sides													
3:30-4:00																								
4:00-4:30																								
4:30-5:00																								
5:00-5:30																								
5:30-6:00																								
6:00-6:30													Zumba 6:00-7:00		Zumba 6:00-7:00		Zumba 6:00-7:00		Shaw JCC Hours Mon-Fri 5:30am-8:00pm Fri 5:30am-5:00pm (Shabbat) Sat/Sun 8:00am-4:00pm					
6:30-7:00																								
7:00-7:30																								
7:30-8:00																								

NOTE: July 4th and 5th - building open 8am-1pm.
 July 6th-9th (Tuesday-Friday) half gym closed from 11:30am-2:30pm for Camp JCC.
 July 26th-July 30th (Monday-Friday) whole gym closed from 11:30am-2:30pm for Camp JCC.