



Shaw JCC  
Akron

# NOVEMBER / 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. Pickleball is also available at tennis courts.			
6:00-6:30														
6:30-7:00														
7:00-7:30														
7:30-8:00														
8:00-8:30														
8:30-9:00	Good Morning Zumba 8:00-8:45						Open Gym Both Sides							
9:00-9:30	Silver Sneakers	Silver Sneakers	Silver Sneakers	Silver Sneakers	Silver Sneakers	Silver Sneakers	Silver Sneakers	Silver Sneakers	Silver Sneakers	Zumba 9:00-10:00				
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			Turbokick 9:30-10:15		
10:00-10:30	Silver Sneakers		Silver Sneakers		Silver Sneakers			Active Agers	Open Gym Both Sides		Pickleball 12:00-2:30			
10:30-11:00	Circuit 10:15-11:00	Zumba Gold 10:30-11:15	Circuit 10:15-11:00		Circuit 10:15-11:00		Zumba Gold 10:30-11:15	Aerobics 10:15-11:00						
11:00-11:30														
11:30-12:00	LIPPMAN 11:30-12:30													
12:00-12:30	LIPPMAN 11:30-12:30													
12:30-1:00	Pickleball 12:30-2:30		Open Gym Both Sides		Pickleball 12:30-2:30		Open Gym Both Sides						Pickleball 12:30-2:30	
1:00-1:30														
1:30-2:00														
2:00-2:30														
2:30-3:00														
3:00-3:30														
3:30-4:00	Distance Learning Program 3:30-4:30				Open Gym Both Sides		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					
4:00-4:30														
4:30-5:00														
5:00-5:30														
5:30-6:00														
6:00-6:30														
6:30-7:00			Zumba 6:00-6:50				Zumba 6:00-6:50							
7:00-7:30														
7:30-8:00														

**NOTE:** Facility open 8am-1pm November 26th & 27th