



# September 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		Open Gym Both Sides		Open Gym Both Sides		Open Gym Both Sides		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	Zumba Gold 8:00-8:45													
8:00-8:30														
8:30-9:00	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		Silver Sneakers Classic 9:15-10:00		Zumba 9:00-10:00		Kettlebell AMPD 8:30-9:15	
9:00-9:30	Silver Sneakers Circuit 10:15-11:00				Silver Sneakers Circuit 10:15-11:00		Chair Pilates 10:15-11:00		Active Agers Aerobics 10:15-11:00				Turbokick 9:15-10:30	
9:30-10:00														
10:00-10:30														
10:30-11:00														
11:00-11:30														
11:30-12:00	Lippman Gym Class 11:30 -12:30		Lippman Gym Class 11:30 -12:30		Lippman Gym Class 11:30 -12:30		Lippman Gym Class 11:30 -12:30		Lippman Gym Class 11:30 -12:30		Open Gym Both Sides		Pickleball 12:00-2:30	
12:00-12:30														
12:30-1:00					Pickleball 12:30 - 1:30				Open Gym Both Sides					
1:00-1:30	Pickleball 1:00-2:30		Lippman 1:15 - 2				Lippman 1:15 - 2:00							
1:30-2:00			Lippman 2:40 - 3:20											
2:00-2:30														
2:30-3:00														
3:00-3:30														
3:30-4:00														
4:00-4:30														
4:30-5:00														
5:00-5:30	Aftercare 5:00 - 6:00		Aftercare 5:00 - 6:00		Aftercare 5:00 - 6:00		Aftercare 5:00 - 6:00		Aftercare 5:00 - 6:00					
5:30-6:00	2 Left Feet 6:00 - 8:00		Zumba 6:00-7:00						Zumba 6:00-7:00		<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:** Labor Day, 9/6- Facilities Open 8 AM - 1 PM, Building Closed 9/7 & 9/8, Closes 9/15 @ 3PM, Closed 9/16