

GYM SCHEDULE

Effective March 2, 2020

Classes in red denote changes or new classes.

Schedule is subject to change without notice due to holidays, class enrollment, or overcrowding.

+ Denotes class included in the Fitness Class Add-On

R Denotes a fee based program that requires registration

MONDAY

5-9am	Open Gym
9-10:30am	+ Cardio Fit
10:30am-12pm	Half Open / Youth Programs
12-1pm	Open Gym
1-3pm	Open Pickleball
3-4pm	Open Gym
4-5:30pm	Youth Programs
5:30-7pm	Men's Pick-up Basketball
7-9:30pm	R Pickleball Ladder League

TUESDAY

5-7:30am	Men's Pick-up Basketball
7:30-9am	Open Gym
9-12pm	Half Open / Youth Programs
12-1pm	Beginners Pickleball Clinic
1-2:30pm	Open Pickleball
2:30-3pm	Half Open / Youth Programs
3-4pm	Open Gym
4-5:30pm	Youth Programs
5:30-9:30pm	R Men's 4v4 Basketball League

WEDNESDAY

5-8:45am	Open Pickleball
9-10:30am	+ Cardio Fit
10:30-11:30am	Open Gym
11:30-2pm	Open Pickleball
2-4pm	Open Gym
4-5:30pm	Youth Programs
5:30-6:30pm	Open Gym
7-9pm	R Adult Floor Hockey

THURSDAY

5-9am	Open Gym
9-9:30am	Half Open / Youth Programs
9:30-10am	Youth Programs
10-11am	Half Open / Youth Programs
11-12pm	Advanced Pickleball Clinic
12-2:30pm	Open Pickleball
2:30-3pm	Half Open / Youth Programs
3-4pm	Open Gym
4-5:30pm	Youth Programs
5:30-7:00pm	+ HIIT
7-9:30pm	R Advanced Ladder League

FRIDAY

5-7:30am	Gym Reserved
7:30-9am	Open Gym
9-10:30am	+ Cardio Fit
10:30-11:30am	Open Gym
11:30am-2:30pm	Open Pickleball
2:30-4pm	Open Gym
4-5:30pm	Youth Programs

SATURDAY

8-9:30am	+ HIIT
9:30-12pm	Open Gym
12-3pm	Pick-up Basketball
3-6:30pm	Open Gym
6:30-8pm	Half Open / Gym Reserved

SUNDAY

8-9am	Open Gym
9-11:55am	Open Pickleball
12-1pm	Open Gym
1-2pm	Youth Programs
2-2:55pm	Open Gym
3-4pm	Youth Programs
4-6:30pm	Open Gym
6:30-8pm	Half Open / Open Table Tennis

GYM ACTIVITIES

ADULT FLOOR HOCKEY: Student discount available. Register at the front desk or with Brendon Wadach. See jccrochester.org for more information.

ADVANCED LADDER LEAGUE: This is an advanced league for players with a rating of 4.0+. This league will have six matches, first to 11, lowest score moves down and highest score moves up. Space is limited to 12 participants. Registration required.

ADVANCED PICKLEBALL CLINIC: This clinic is for intermediate and advanced intermediate pickleballers with a rating of 3.0-3.5. We will review 2.0-3.0 skills and progress to partner communication and shadowing, shot diversification, drops, and lobs. Limited spots available. Registration required.

BEGINNERS PICKLEBALL CLINIC: This is a beginner's clinic with ratings of 2.0-3.0. We will focus on ready and recovery positions, dinking strategies, strokes: ground, drives and lobs. Registration required.

CARDIO FIT: A Group X aerobics class designed to fit high or low impact needs. Choose your intensity level and train and improve your cardiovascular system. Suitable for all.

GYM RESERVED: Gym is reserved and not available for drop in use.

HALF OPEN: Half of the Gym is available for drop in use.

HIIT (High Intensity Interval Training): This Group X class incorporates tough, quick bursts of activity, followed by periods of recovery, delivering maximum results in less time! Your instructors will guide you through ladders, tabatas, partner work, circuits and more. Strength, cardio, core work, and agility-focused movements provide a dynamic, challenging, full body workout.

MEN'S PICK-UP BASKETBALL: Drop-in games; no registration needed.

MEN'S 4v4 BASKETBALL LEAGUE: Sign up as a team or as an individual and we will find you a team! Slow-break rules will be instituted with fast breaks in the last 5 minutes of each half. Every game will be officiated by certified, high-school basketball referees. (Minimum of 10 games guaranteed). Registration required.

OPEN PICKLEBALL: Open play for all members and guests ages 12+

OPEN BASKETBALL: Open play for all members and guests ages 12+

OPEN GYM: Gym is available for drop in use.

YOUTH PROGRAMS: JCC run youth programming that requires advance registration.

****Please note: On the second Saturday of the month, the gym is closed for party rentals. For more specific information as each second Saturday of the month approaches, please look for signage at the Main Desk or in the gym area.**