

# GYM SCHEDULE

Effective September 1, 2019

## MONDAY

5:00am-9:00am	Open Gym
9:00am-10:30am	Cardio Fit
10:30am-12:00pm	Half Open / Youth Programs
12:00pm-1:00pm	Open Gym
1:00pm-3:00pm	Open Pickleball
3:00pm-4:00pm	Open Gym
4:00pm-5:30pm	Youth Programs
5:30pm-7:00pm	Pick-up Basketball
7:00pm-9:30pm	Pickleball Ladder League

## TUESDAY

5:00am-7:30am	Pick-up Basketball
7:30am-9:00am	Open Gym
9:00am-12:00pm	Half Open / Youth Programs
12:00pm-1:00pm	Pickleball Clinic (Registration Required)
1:00pm-2:30pm	Open Pickleball
2:30pm-3:00pm	Half Open / Youth Programs
3:00pm-4:00pm	Open Gym
4:00pm-5:30pm	Youth Programs
5:30pm-9:30pm	Open Gym

## WEDNESDAY

5:00am-8:45am	Open Pickleball
9:00am-10:30am	Cardio Fit
10:30am-11:30am	Open Gym
11:30am-2:00pm	Open Pickleball
2:00pm-4:00pm	Open Gym
4:00pm-5:30pm	Youth Programs
5:30pm-6:30pm	Open Gym
6:30pm-8:30pm	Pick-Up Basketball

## THURSDAY

5:00am-9:00am	Open Gym
9:00am-9:30am	Half Open / Youth Programs
9:30am-10:00am	Youth Programs
10:00am-11:00am	Half Open / Youth Programs
11:00am-12:00pm	Pickleball Clinic (Registration Required)
12:00pm-2:30pm	Open Pickleball
2:30pm-3:00pm	Half Open / Youth Programs
3:00pm-4:00pm	Open Gym
4:00pm-5:30pm	Youth Programs
5:30pm-7:00pm	HIIT
7:00pm-9:30pm	Open Pickleball / Lessons

## FRIDAY

5:00am-7:30am	Gym Reserved (Basketball Rental)
7:30am-9:00am	Open Gym
9:00am-10:30am	Cardio Fit
10:30am-11:30am	Open Gym
11:30am-2:30pm	Open Pickleball
2:30pm-4:00pm	Open Gym
4:00pm-5:30pm	Youth Programs

## SATURDAY

8:00am-9:30am	HIIT
9:30am-12:00pm	Open Gym
12:00pm-3:00pm	Pick-up Basketball
3:00pm-6:30pm	Open Gym
6:30pm-8:00pm	Half Open / Volleyball Rental

## SUNDAY

8:00am-9:00am	Open Gym
9:00am-11:55am	Open Pickleball
12:00pm-6:30pm	Open Gym
6:30pm-8:00pm	Half Open / Open Table Tennis

## GYM ACTIVITIES

**OPEN GYM:** Gym is available for drop in use.

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

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

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

**PICK-UP BASKETBALL:** Drop-in games; no registration needed.

**PICKLEBALL CLINIC CORE SKILLS:** Registration required. This class is for new players and new intermediates who need a game refresher. It will focus on Safety, Ready Position, Etiquette, Continental Grip, Player Positioning, Split and Cross Stepping, Serving, Dinking and Game Play with point-to-point analysis.

**PICKLEBALL CLINIC STROKES & STRATEGIES:** Registration required. This class is for Intermediate level players who are trying to improve their Strokes and Partner Shadowing and strategies. Will focus on the following: Strokes: Ground, Volley, Drive, Lobs, Overhead, Third Shot, Dinking, Drop Shot and Shot Selection; Lateral moving and partner shadowing; Game play with point to point analysis.

**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.

**OPEN PICKLEBALL:** Open play for all members and guests aged 12 years and older

**OPEN BASKETBALL:** Open play for all members and guests aged 12 years and older

**BASKETBALL LEAGUE:** Registration required. Please see [www.jccrochester.org](http://www.jccrochester.org) for more information.

**H.I.I.T:** H.I.I.T. = 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.

**RENTALS:** Gym is reserved and not available for drop in use

**\*\*Please note:** On the second Saturday of the month, the gym is reserved for bounce house parties, and will be otherwise closed.



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