



GYM SCHEDULE

Week of September 29-October 5, 2025

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday			
6am	Intermediate / Advanced Pickleball 5:30am- 12:30pm	Open Gym 5:30- 7am	Intermediate / Advanced Pickleball 5:30- 10am	CLOSED Yom Kippur	Open Gym 5:30- 7am					
7am		Adult Basketball 7- 8:30am			Adult Basketball 7-8:30am	Open Gym 1/2 Basketball / 1/2 Pickleball 7am- 9am	Open Gym 1/2 Basketball / 1/2 Pickleball 7am- 12pm			
8am		Rec PB (1 court) 8:30-10:30am / <u>Soccer Shots</u> (1/2 gym) 9- 10:30am	Recreational Pickleball 10am- 12pm					Intermediate / Advanced Pickleball - 8:30-1pm	Open Pickleball 9am-1pm	
9am		Recreational Pickleball 10:30am-1pm			CLASS: Drum Ball 12-1pm	Walker Basketball Rental 12-6pm				WV Co-Ed Volleyball 12noon-3pm
10am			Recreational Pickleball 1- 2:30pm				Recreational Pickleball 1- 3pm		Walker Basketball Rental 12-6pm	
11am		Novice Pickleball 2:30- 4pm								
12noon	Recreational Pickleball 12:30pm-4pm		Novice Pickleball 2:30- 4pm		Walker Basketball Rental 12-6pm	WV Co-Ed Volleyball 12noon-3pm				
1pm		Open Gym 1/2 Basketball / Pickleball 4-6pm					Open Gym 1/2 Basketball / Pickleball 4-6pm	Walker Basketball Rental 12-6pm	WV Co-Ed Volleyball 12noon-3pm	
2pm	Open Gym 1/2 Basketball / Pickleball 4-6pm		Open Gym 1/2 Basketball / Pickleball 4-6pm							Walker Basketball Rental 12-6pm
3pm		Open Gym 1/2 Basketball / Pickleball 4-6pm			Open Gym 1/2 Basketball / Pickleball 4-6pm	Walker Basketball Rental 12-6pm	WV Co-Ed Volleyball 12noon-3pm			
4pm	Open Gym 1/2 Basketball / Pickleball 4-6pm		Open Gym 1/2 Basketball / Pickleball 4-6pm					Walker Basketball Rental 12-6pm	WV Co-Ed Volleyball 12noon-3pm	
5pm		Open Gym 1/2 Basketball / Pickleball 4-6pm			Open Gym 1/2 Basketball / Pickleball 4-6pm					Walker Basketball Rental 12-6pm
6pm	Open Gym 1/2 Basketball / Pickleball 4-6pm		Open Gym 1/2 Basketball / Pickleball 4-6pm			Walker Basketball Rental 12-6pm	WV Co-Ed Volleyball 12noon-3pm			
7pm		Open Gym 1/2 Basketball / Pickleball 4-6pm			Open Gym 1/2 Basketball / Pickleball 4-6pm			Walker Basketball Rental 12-6pm	WV Co-Ed Volleyball 12noon-3pm	
8pm	Open Gym 1/2 Basketball / Pickleball 4-6pm		Open Gym 1/2 Basketball / Pickleball 4-6pm							Walker Basketball Rental 12-6pm
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PICKLEBALL SKILL RATING

Beginner / Novice - 1-2.5
Recreational - 3
Intermediate - 3.5
Advanced - 4



FITNESS SCHEDULE

Week of September 29-October 5, 2025

Monday

6am - Strength - Greta
9am - Senior Strength - Natalia
10am - Strong & Nimble - Debbie **
11am - Parkinson's Exercise - Debbie
12pm - Balance - Debbie
5:15pm - Yoga - Greta
6:15pm - SHiNE Dance - Asia

Tuesday

6am - Zumba - Noelle
9am - Senior "Drumstick" - Debbie
10am - Strength Mix (some floorwork) - Debbie **
11am - Stability Ball - Debbie (Chaiken)
11am - Zumba - Natalia
12noon - Express Yoga - Paula (45 min)
5:30pm - Total Body Mobility - Ruby

Wednesday

6am - Strength - Greta
10am - Strong & Nimble (some floorwork) - Debbie *Z*
11am - All Stretch - Debbie
12pm - Drum Ball - Debbie (GYM)
1pm - CardiDance Fit - Natalia

Thursday

Closed Yom Kippur

Friday

9am - Cardio & Strength - Debbie
1pm - Cardio & Strength - Greta

Personal Training

Inquire about Personal Training with Andy, Nicole, Tom, Crystal or Ruby! 30 minutes, and 1 hour sessions! Email C.Wright@nepajca.org

****Classes marked with *Z* will be held on zoom as well as in person** Contact Front Desk for Zoom information.**

JCC Hours:

Monday - Friday - 5:30am-8pm

Saturday - 7am-1pm

Sunday - 7am-1pm and 5-8pm

Watch Facebook for extended hours