

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
6am	Intermediate / Advanced Pickleball 5:30am- 12:30pm	Closed Rosh Hashanah	Intermediate / Advanced Pickleball 5:30- 11:45am	Recreational Pickleball 5:30am-9am	Open Gym 5:30- 7am			
7am					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) 9-10:30am / <u>Soccer Shots</u> (1/2 gym) 9- 10:30am				Intermediate / Advanced Pickleball - 8:30-1pm
9am					Recreational Pickleball 10:30am-12pm	Open Pickleball 9am-1pm		
10am								
11am								
12noon	Recreational Pickleball 12:30pm-3pm		CLASS: Drum Ball 12-1pm	Intermediate / Advanced Pickleball 12- 4pm	Recreational Pickleball 1pm-4pm	Open Pickleball 9am-1pm		WV Co-Ed <u>Volleyball</u> 12noon-3pm
1pm								
2pm								
3pm	Close at 3pm Rosh Hashanah Eve		Open Gym 1/2 Basketball / Pickleball 4- 5:30pm	Open Gym 1/2 Basketball / Pickleball 4-8pm	Open Gym 1/2 Basketball / Pickleball 4-6pm	Open Gym 1/2 Basketball / Walker <u>Basketball Rental</u> 6-8pm	Volleyball <u>Rental</u> 6:30pm- 9pm	Walker Basketball Rental 5-8pm
4pm								
5pm								
6pm								
7pm								
8pm								



FITNESS SCHEDULE

Week of September 22-28, 2025

Monday

9am - Senior Strength - Natalia

10am - Strong & Nimble - Debbie **

11am - Parkinson's Exercise - Debbie

12pm - Balance - Debbie

Tuesday

Closed Rosh Hashanah

Wednesday

9am - Flex & Strength - Debbie

10am - Strong & Nimble (some floorwork) - Debbie *Z*

11am -All Stretch - Debbie

12pm - Drum Ball - Debbie (GYM)

1pm - CardiDance Fit - Natalia

5:15pm - Yoga - Paula

Thursday

7am - Zumba - Noelle

9am - Senior Fit - Debbie

10am - Mat Cardio/Pilates (mostly floorwork) - Debbie *

11am - Parkinson's Exercise - Debbie

11am - SHiNE Dance - Asia (Squash Ct)

12pm -Balance - Debbie

5:15pm - Power & Strength - Natalia

6pm - Zumba - Natalia

Friday

9am - Cardio & Strength - Debbie

1pm - Cardio & Strength - Greta

Saturday

9am - Chair Yoga - Paula

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.**

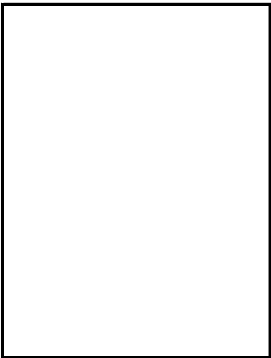
JCC Hours:

Monday - Friday - 5:30am-8pm

Saturday -7am-1pm

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

Watch Facebook for extended hours



Pickleball Lessons 6-
7:30pm

Open Gym 1/2 Basketball / Pickleball 4-	Open Gym 1/2 Basketball / Pickleball 4-	Open Gym 1/2 Basketball / Pickleball 4-	Open Gym 1/2 Basketball / Pickleball 4-
Walker Basketball Rental / Open Gym 1/2 Pickleball 6-	Walker Basketball I Rental 6-	Walker Rental / Serrano Basketball I Rental	
6pm	6pm	5:30-8:30pm	8pm

Open Gym 1/2 Basketball / Pickleball 4- 5:30pm
<u>Walker</u> <u>Basketball</u> <u>Rental</u> / Open Gym 1/2 Pickleball 5:30- 7:30pm

	Open Gym 5:30- 7am
	Adult Basketball 1 7- 8:30am
	REC PB (1 court) 8:30- 10:30am / <u>Soccer</u> <u>Shots</u> (1/2 gym) 9
	Recreatio nal Pickleball 10:30am- 1pm
Recreatio nal Pickleball 12:30pm- 4pm	Beginner Pickleball 1-2:30pm
	Novice Pickleball 2:30-4pm
Open Gym 1/2 Basketball / Pickleball 4- 6pm	Open Gym 1/2 Basketball / Pickleball 4- 6pm
Open Gym 1/2 Pickleball / <u>Walker</u> <u>Basketball</u> <u>Rental</u> 6- 8pm	<u>Walker</u> <u>Basketball</u> <u>Rental</u> 6- 8pm