



GYM SCHEDULE

Week of October 13-19, 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	Recreational Pickleball 5:30am-9am	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-11:45am
8am		Rec PB (1 court) 8:30-10:30am / <u>Soccer Shots</u> (1/2 gym) 9-10:30am		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-1pm	Recreational Pickleball 10:30am-12pm			Open Pickleball 9am-12pm	
10am				CLASS: Drum Ball 12-1pm	Intermediate / Advanced Pickleball - 12pm-4pm		
11am		Beginner Pickleball 1-2:30pm	Recreational Pickleball 1-4pm			Czarnecki Pickleball Rental 12-2pm	WV Co-Ed Volleyball 12noon-3pm
12noon				Novice Pickleball 2:30-4pm	Open Gym 1/2 Basketball / Pickleball 4-6pm		
1pm	Open Gym 1/2 Basketball / Pickleball 4-6pm	Open Gym 1/2 Basketball / Pickleball 4-6pm	Open Gym 1/2 Basketball / Pickleball 4-6pm			Walker Basketball Rental 5-8pm	
2pm				Walker Basketball Rental / Open Gym 1/2 Pickleball 6-8pm	Walker Basketball Rental 6-8pm		Open Gym 1/2 Pickleball / Serrano Basketball Rental 5:30-8:30pm
3pm	Walker Basketball Rental 6-8pm	Open Gym 1/2 Pickleball / Serrano Basketball Rental 5:30-8:30pm	Beginner Pickleball Lessons 6-8pm			Open Gym 1/2 Pickleball / Walker Basketball Rental 6-8pm	
4pm				Walker Basketball Rental 6-8pm	Open Gym 1/2 Pickleball / Serrano Basketball Rental 5:30-8:30pm		Beginner Pickleball Lessons 6-8pm
5pm	Walker Basketball Rental 6-8pm	Open Gym 1/2 Pickleball / Serrano Basketball Rental 5:30-8:30pm	Beginner Pickleball Lessons 6-8pm			Open Gym 1/2 Pickleball / Walker Basketball Rental 6-8pm	
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FITNESS SCHEDULE

Week of October 13-19, 2025

Monday

6am - Strength - Greta
9am - Senior Strength - Natalia
10am - Strong & Nimble - Debbie **
11am - Parkinson's Exercise - Debbie
12pm - Balance - Debbie
5:15pm - Yoga - Paula
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
9am -Flex & Strength - Debbie
10am - Strong & Nimble (some floorwork) - Debbie *Z*
11am -All Stretch - Debbie
12pm - Drum Ball - Debbie (GYM)
1pm - CardiDance Fit - Natalia

Thursday

7am - Zumba - Noelle
9am - Senior Fit - Debbie
10am - Mat Cardio/Pilates (mostly floorwork) - Debbie ** (Chaiken)
10:30am - 15 min MINI Chair Yoga
11am - Parkinson's Exercise - Debbie (Chaiken)
11am - SHiNE Dance - Asia (Squash Court)
11:30am - 15 min MINI Chair Yoga
12pm - 15 min MINI Chair Yoga
12pm -Balance - Debbie (Chaiken)
5:15pm - Yoga - Paula (Chaiken)
5:15pm - Power & Strength - Natalia
6pm - Zumba - Natalia

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