



GYM SCHEDULE

Week of October 20-26, 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 10am- 12pm			Recreational Pickleball 10:30am-12pm	Open Pickleball 9am-12pm		
10am		CLASS: Drum Ball 12-1pm		Intermediate / Advanced Pickleball - 12pm-4pm				Recreational Pickleball 1pm-4pm
11am		Recreational Pickleball 10:30am-1pm			Recreational Pickleball 1- 4pm	Recreational Pickleball 10:30am-12pm		
12noon	Recreational Pickleball 12:30pm-4pm	Beginner Pickleball 1- 2:30pm	Recreational Pickleball 1- 4pm	Intermediate / Advanced Pickleball - 12pm-4pm			Recreational Pickleball 1pm-4pm	Czarnecki Pickleball Rental 12-2pm
1pm		Novice Pickleball 2:30- 4pm			Recreational Pickleball 1- 4pm	Intermediate / Advanced Pickleball - 12pm-4pm		
2pm		Open Gym 1/2 Basketball / Pickleball 4-6pm	Open Gym 1/2 Basketball / Pickleball 4-6pm	Open Gym 1/2 Basketball / Pickleball 4- 5:30pm			Open Gym 1/2 Basketball / Pickleball 4-6pm	Open Gym 1/2 Basketball / Pickleball 4-6pm
3pm	Open Gym 1/2 Basketball / Pickleball 4-6pm				Open Gym 1/2 Basketball / Pickleball 4-6pm	Open Gym 1/2 Basketball / Pickleball 4- 5:30pm		
4pm		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			Beginner Pickleball Lessons 6-8pm	Open Gym 1/2 Pickleball / Walker Basketball Rental 6-8pm
5pm	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		
6pm		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			Beginner Pickleball Lessons 6-8pm	Open Gym 1/2 Pickleball / Walker Basketball Rental 6-8pm
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FITNESS SCHEDULE

Week of October 20-26, 2025

6am - Strength - Greta
9am - Senior Strength - Natalia
10am - Strong & Nimble - Debbie *Z*
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 *Z*
11am - Stability Ball - Debbie (Chaiken)
11am - Zumba - Natalia
12noon - Express Yoga - Greta (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
5:15pm - Yoga - Greta

Thursday
7am - Zumba - Noelle
9am - Senior Fit - Debbie
10am - Mat Cardio/Pilates (mostly floorwork) - Debbie
11am - Parkinson's Exercise - Debbie (Chaiken)
11am - SHiNE Dance - Asia (Squash Court)
5:15pm - Power & Strength - Natalia
6pm - Zumba - Natalia

Friday
no classes

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-2pm

Sunday - 7am-3pm and 5-8pm

Watch Facebook for extended hours