



GYM SCHEDULE

Week of October 6-12, 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			
9am		Recreational Pickleball 10:30am-1pm	Recreational Pickleball 10am- 12pm		Recreational Pickleball 10:30am-12pm	Open Pickleball 9am-1pm	
10am				CLASS: Drum Ball 12-1pm			
11am		Recreational Pickleball 12:30pm-3pm	Beginner Pickleball 1- 2:30pm		Recreational Pickleball 1- 4pm	Intermediate / Advanced Pickleball - 12pm-4pm	
12noon	Novice Pickleball 2:30- 4pm			Open Gym 1/2 Basketball / Pickleball 4-6pm			Open Gym 1/2 Basketball / Pickleball 4- 5:30pm
1pm		Open Gym 1/2 Pickleball / <u>Serrano</u> <u>Basketball</u> <u>Rental</u> 5:30- 8:30pm	Open Gym 1/2 Basketball / <u>Walker</u> <u>Basketball Rental</u> 6-8pm		Open Gym 1/2 Basketball / <u>Walker</u> <u>Basketball Rental</u> 6-8pm	Open Gym 1/2 Basketball / <u>Walker</u> <u>Basketball Rental</u> 6-8pm	
2pm	CLOSED Erev Sukkot			Open Gym 1/2 Basketball / Pickleball 4-6pm			Open Gym 1/2 Basketball / Pickleball 4- 5:30pm
3pm		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	
4pm	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
5pm		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	
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PICKLEBALL SKILL RATING

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



FITNESS SCHEDULE

Week of October 6-12, 2025

Monday

6am - Strength - Greta
 9am - Senior Strength - Natalia
 10am - Strong & Nimble - Debbie **
 11am - Parkinson's Exercise - Debbie
 12pm - Balance - Debbie

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
 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 (Chaiken)
 12pm -Balance - Debbie
 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

Watch Facebook for extended hours