



GYM SCHEDULE

Week of October 27 - November 2, 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- 11:45am	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- 9:15am	
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			Open Pickleball 9am-12pm
9am						Recreational Pickleball 10:30am-1pm	Recreational Pickleball 10:30am-12pm	
10am		CLASS: Drum Ball 12-1pm		Intermediate / Advanced Pickleball - 12pm-4pm				
11am					Beginner Pickleball 1- 2:30pm	Recreational Pickleball 1- 4pm	Recreational Pickleball 12:30pm-4pm	<u>Czarnecki</u> Pickleball Rental 12-2pm
12noon	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 Basketball / Pickleball 4-6pm	Walker Basketball Rental 5-8pm			
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
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	Beginner Pickleball Lessons 6-8pm	Open Gym 1/2 Pickleball / Walker Basketball Rental 6-8pm			
3pm						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
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			
7pm						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
8pm	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			
						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
	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			

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



FITNESS SCHEDULE

Week of October 27 - November 2, 2025

Monday

6:30am - Strength - Greta ***NEW TIME***
 9am - Senior Strength - Natalia
 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 - Paula (45 min)

Wednesday

6:30am - Strength - Greta ***NEW TIME***
 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 (Chaiken)
 11am - SHiNE Dance - Asia (Squash Court)
 5:15pm - Power & Strength - 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.**

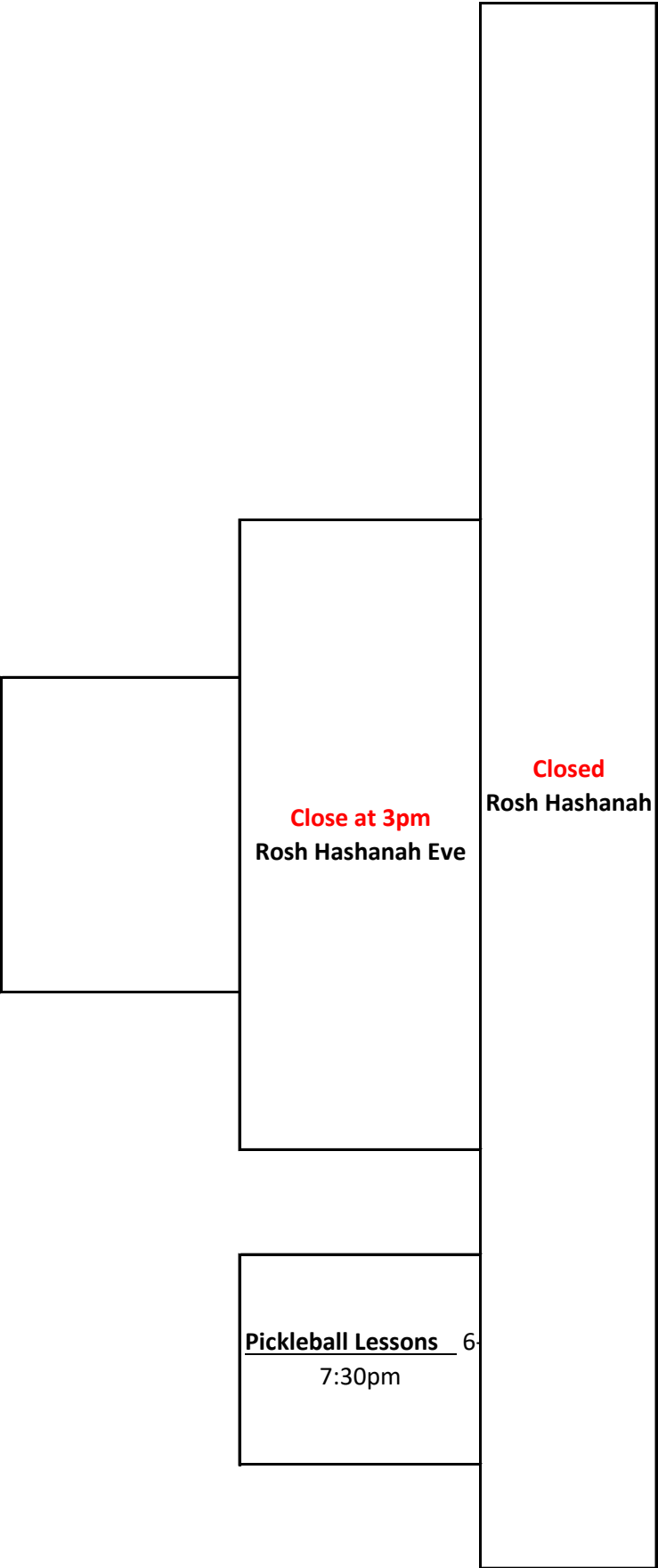
JCC Hours:

Monday - Friday - 5:30am-8pm

Saturday - 7am-2pm

Sunday - 7am-4pm and 5-8pm

Watch Facebook for extended hours



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

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

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)

12pm -Balance - Debbie

5:15pm - Power & Strength - Natalia

6pm - Zumba - Natalia

Monday

6:30am - Strength - Greta *NEW TIME*

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

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
	Recreational (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