



GYM SCHEDULE

Week of November 3-9, 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		
9am						Recreational Pickleball 10:30am-1pm	Recreational Pickleball 10:30am-12pm
10am		CLASS: Drum Ball 12-1pm		Intermediate / Advanced Pickleball - 12pm-4pm	Recreational Pickleball 1pm-4pm		
11am						Beginner Pickleball 1-2:30pm	Recreational Pickleball 1-4pm
12noon	Novice Pickleball 2:30-4pm	Open Gym 1/2 Basketball / Pickleball 4-5pm <u>Soccer Shots</u> 5-6:30pm / <u>Serrano</u> <u>Basketball</u> Rental 5:30-	Open Gym 1/2 Basketball / Pickleball 4-6pm	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
2pm	Walker Basketball Rental / Open Gym 1/2 Pickleball 6-8pm	Walker Basketball Rental 6-8pm	Beginner Pickleball Lessons 6-8pm	Open Gym 1/2 Pickleball / Walker Basketball Rental 6-8pm			
3pm						Walker Basketball Rental 6-8pm	Walker Basketball Rental 6-8pm
4pm	Walker Basketball Rental 6-8pm	Walker Basketball Rental 6-8pm	Beginner Pickleball Lessons 6-8pm	Open Gym 1/2 Pickleball / Walker Basketball Rental 6-8pm			
5pm						Walker Basketball Rental 6-8pm	Walker Basketball Rental 6-8pm
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FITNESS SCHEDULE

Week of November 3-9, 2025

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

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

Thursday

7am - Zumba - Noelle
9am - Senior Fit - Debbie
10am - Mat Cardio/Pilates (mostly floorwork) - Debbie ***Z***
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