

Effective Jan 31, 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Closed	GROUP EX WOMEN ONLY 5:45 - 7:15	Open Gym 5:30 - 8:30	GROUP EX WOMEN ONLY 5:45 - 7:15	GROUP EX WOMEN ONLY 5:45 - 7:15	GROUP EX WOMEN ONLY 5:45 - 7:15	Check MyJ App or jcc.org/schedules to see if there are group fitness classes
Open Gym (7:00-7:45)	Open Gym 7:15 - 9:15		Open Gym 7:15 - 8:15	Open Gym 7:15 - 9:15	Open Gym 7:15 - 8:30	
GROUP EX WOMEN ONLY 7:45 - 11:15am		GROUP EX WOMEN ONLY 9:15 - 11:30	GROUP EX WOMEN ONLY 8:30 - 11		GROUP EX WOMEN ONLY 8:15 - 11:00	
	Open Gym 11:30 - 6:45	Open Gym 11:30 - 6:15	Open Gym 11:00 - 6:30	Open Gym 11:00 - 6:30	Open Gym 10:45 - 6:45	
GROUP EX WOMEN ONLY 6:15 - 9:15						
CLOSED				Open Gym 8:15 - 9:15		
Open gym = first come first serve on the courts for basketball play etc. Must provide own equipment						
Womens Only Program, no open gym. Consult Group Fitness Schedule for specific class schedule						

Schedule is subject to change based on building hours and program changes without notice.

WE APPRECIATE YOUR COOPERATION AND THANK YOU FOR YOUR MEMBERSHIP LOYALTY TO OUR FACILITY!