



Weinberg Park Heights JCC

Fitness TOO! November 8, 2025 - March 7, 2026

Red = Female Only, Blue = Male Only

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:00 am - 12:45 pm WOMEN	5:30 - 7:10 am MEN	5:30 - 7:10 am WOMEN	5:30 - 7:10 am MEN	5:30 - 7:10 am WOMEN	5:30 - 7:10 am WOMEN
	7:15 - 10:40 am WOMEN	7:15 - 10:40 am MEN	7:15 - 10:40 am WOMEN	7:15 - 10:40 am MEN	7:15 - 8:55 am MEN
	10:45 am - 1:55 pm MEN	10:45 am - 1:55 pm WOMEN	10:45 am - 1:55 pm MEN	10:45 am - 1:55 pm WOMEN	9:00 am - 12:25 pm WOMEN
12:50 - 6:45 pm MEN	2:00 - 4:40 pm WOMEN	2:00 - 4:40 pm MEN	2:00 - 4:40 pm WOMEN	2:00 - 4:40 pm MEN	12:30 - 3:45 pm MEN
	4:45 - 7:00 pm MEN	4:45 - 7:00 pm WOMEN	4:45 - 7:00 pm MEN	4:45 - 7:00 pm WOMEN	
	7:05 - 9:15 pm WOMEN	7:05 - 9:15 pm MEN	7:05 - 9:15 pm WOMEN	7:05 - 9:15 pm MEN	

Motzei Shabbos

The JCC is open from 7:30-10:30 pm on Saturdays from November 15, 2025 - February 28, 2026

NOVEMBER	DECEMBER	JANUARY	FEBRUARY	MARCH
NOVEMBER 8	DECEMBER 6	JANUARY 3	FEBRUARY 7	MARCH 7
7:30-8:55 pm - WOMEN	7:30-8:55 pm - WOMEN	7:30-8:55 pm - WOMEN	7:30-8:55 pm - MEN	7:30-8:55 pm - MEN
9:00 - 10:15 pm - MEN	9:00 - 10:15 pm - MEN	9:00 - 10:15 pm - MEN	9:00 - 10:15 pm - WOMEN	9:00 - 10:15 pm - WOMEN
NOVEMBER 15	DECEMBER 13	JANUARY 10	FEBRUARY 14	
7:30-8:55 pm - MEN	7:30-8:55 pm - MEN	7:30-8:55 pm - MEN	7:30-8:55 pm - WOMEN	
9:00 - 10:15 pm - WOMEN	9:00 - 10:15 pm - WOMEN	9:00 - 10:15 pm - WOMEN	9:00 - 10:15 pm - MEN	
NOVEMBER 22	DECEMBER 20	JANUARY 17	FEBRUARY 21	
7:30-8:55 pm - WOMEN	7:30-8:55 pm - WOMEN	7:30-8:55 pm - WOMEN	7:30-8:55 pm - MEN	
9:00 - 10:15 pm - MEN	9:00 - 10:15 pm - MEN	9:00 - 10:15 pm - MEN	9:00 - 10:15 pm - WOMEN	
NOVEMBER 29	DECEMBER 27	JANUARY 24	FEBRUARY 28	
7:30-8:55 pm - MEN	7:30-8:55 pm - MEN	7:30-8:55 pm - MEN	7:30-8:55 pm - WOMEN	
9:00 - 10:15 pm - WOMEN	9:00 - 10:15 pm - WOMEN	9:00 - 10:15 pm - WOMEN	9:00 - 10:15 pm - MEN	
		JANUARY 31		
		7:30-8:55 pm - WOMEN		
		9:00 - 10:15 pm - MEN		