



# GYM SCHEDULE

Week of February 12-18, 2024

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6am	Recreational Pickleball 6am-7am	Open Gym 6-7am		Recreational Pickleball 6-9am	Open Gym 6-7am		
7am		Adult Basketball 7-8:30am			Adult Basketball 7-8:30am	Open Gym 1/2 Basketball / 1/2 Pickleball 7-9am	
8am				Novice Pickleball 8-9:30am			
9am	Intermediate / Advanced Pickleball 7am-1pm	Recreational Pickleball 8:30am-1pm (Soccer Shots - 1 court 9-10:30am)		Recreational Pickleball 8:30am-12pm		SATURDAY Pickleball League 9am-12noon	Open Gym 1/2 Basketball (8am-10:30am) <u>1/2 Volleyball Rental</u> (8:30-11:30am)
10am					Recreational Pickleball 12-1:30pm	Open Gym 12-1pm	
11am					Pickleball: Intermediate Skills, Drills & Matchplay 1-2:30pm		<u>Volleyball Rental</u> (12noon-3pm)
12noon					Recreational Pickleball 1-3:45pm	Pickleball: Intermediate Lessons & Drills with Rob Mattson 1:30-3pm	
1pm	MONDAY Pickleball League 1pm-4pm			THURSDAY Pickleball League 1pm-4pm		Open Gym 1/2 Basketball / 1/2 Pickleball 3-5pm	
2pm					Open Gym 4-5pm		
3pm					Soccer Shots 4-6pm		
4pm	Open Gym 1/2 Basketball / 1/2 Pickleball 4-6pm	Pickleball 3:30-5pm / <u>Holy Redeemer Volleyball</u> 4-6pm (1/2 court)					
5pm							
6pm	Season 3: JCC x Pittston Pickleball League 6-8pm	TUESDAY Pickleball League 6-8pm		Private Pickleball Rental 6-8pm / Mt Top Heat Basketball Rental 6-7pm / Jon Edwards Basketball Rental 7-8pm	Clutch Basketball 5-8pm	Clutch Basketball 5-8pm	Clutch Basketball Games 3-8pm
7pm							
8pm							



# FITNESS SCHEDULE

Week of February 12-18, 2024

## Monday

- 9am - Chair T'a Chi - Doreen (zoom)
- 10am - Senior Fit - Debbie (zoom)
- 11am - Parkinson's Exercise - Debbie
- 12noon - Senior Balance - Debbie
- 2pm - Low Impact Cardio Dance -Doreen (zoom)
- 3pm - Pilates - Doreen

## Thursday

- 9am - Senior Fit - Debbie
- 10am - Strong & Nimble - Debbie (zoom)
- 11am - Parkinson's Exercise - Debbie
- 12pm -Senior Balance - Debbie
- 6pm - Zumba - Natalia

## Tuesday

- 9am - Senior Fit - Debbie
- 10am - Strong & Nimble - Debbie (zoom)
- 11am -All Stretch - Debbie

## Friday

- 9am - Silver Sneakers - Doreen (zoom)
- 10am - Balance & Core - Debbie (zoom) 30 min.
- 10:30am - All Stretch - Debbie

## Wednesday

- 9am - Silver Sneakers - Debbie
- 10am - Senior Fit - Debbie (zoom)
- 11am - Stability Ball - Debbie
- 12pm - Drum Ball - Debbie (GYM)
- 3pm - Cardio & Strength - Crystal

## Personal Training

Inquire about Personal Training with Andy, Nicole, Tom or Crystal! 30 minutes, and 1 hour sessions!



**THE FINEST HOUR**  
HEALTH AND FITNESS

### The Finest Hour Group Personal Training

Monday	5:30am, 7am, 9am, 4pm, 5pm
Tuesday	5:30am, 8am
Wednesday	5:30am, 7am, 9am, 4pm, 5pm
Thursday	5:30am, 8am
Friday	5:30am, 7am, 9am, 4pm, 5pm
Saturday	8am

For pricing or info Email:  
Thefinesthourfitness@gmail.com

## JCC Hours:

- Monday - Thursday - 5:30am-8pm
- Friday - 5:30am-3pm
- Saturday & Sunday - 7am-1pm

\*Watch Facebook for extended hours\*