



# GYM SCHEDULE

Week of February 12-18, 2024

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
6am	Recreational Pickleball 6am-7am	Open Gym 6-7am	Intermediate / Advanced Pickleball 6-11:45am (Soccer Shots - 1 court 9-10:30am)	Recreational Pickleball 6-9am	Open Gym 6-7am				
7am	Intermediate / Advanced Pickleball 7am-1pm	Adult Basketball 7-8:30am		Novice Pickleball 8-9:30am	Adult Basketball 7-8:30am	Open Gym 1/2 Basketball / 1/2 Pickleball 7-9am			
8am		Recreational Pickleball 8:30am-1pm (Soccer Shots - 1 court 9-10:30am)			Intermediate / Advanced Pickleball 8:30am-12pm		SATURDAY Pickleball League 9am-12noon	Open Gym 1/2 Basketball (8am-10:30am) 1/2 Volleyball Rental (8:30-11:30am)	
9am									
10am									
11am									
12noon				CLASS: Drum Ball 12-1pm	Recreational Pickleball 12-1:30pm	Open Gym 12-1pm	Volleyball Rental (12noon-3pm)		
1pm	MONDAY Pickleball League 1pm-4pm	Pickleball: Intermediate Skills, Drills & Matchplay 1-2:30pm	THURSDAY Pickleball League 1pm-4pm	Pickleball: Intermediate Lessons & Drills with Rob Mattson 1:30-3pm					
2pm		Beginners Lessons 2:30-3:30pm							
3pm		Novice Pickleball 3:30-5pm / Holy Redeemer Volleyball 4-6pm (1/2 court)							
4pm	Open Gym 1/2 Basketball / 1/2 Pickleball 4-6pm		Soccer Shots 4-6pm	Open Gym 4-5pm	Open Gym 1/2 Basketball / 1/2 Pickleball 3-5pm		Clutch Basketball Games 3-8pm		
5pm				Clutch Basketball 5-8pm		Clutch Basketball 5-8pm			
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						
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

## JCC Hours:

Monday - Thursday - 5:30am-8pm

Friday - 5:30am-3pm

Saturday & Sunday - 7am-1pm

\*Watch Facebook for extended hours\*

For pricing or info Email:  
 Thefinesthourfitness@gmail.com