



GYM SCHEDULE

Week of June 3-9, 2024

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6am	Recreational Pickleball 6am-7am	Open Gym 6-7am			Open Gym 6-7am		
7am		Adult Basketball 7-8:30am			Adult Basketball 7-8:30am	Open Gym 1/2 Basketball / 1/2 Pickleball (7am-9am)	
8am			Intermediate / Advanced Pickleball 6-11:45am	Recreational Pickleball 6am-11am			
9am	Intermediate / Advanced Pickleball 7am-1pm		(Soccer Shots - 1 court 9-10:30am)		Intermediate / Advanced Pickleball 8:30am-12pm		Open Gym 1/2 Basketball / 1/2 Pickleball (7am-1pm)
10am		Recreational Pickleball 8:30am-2:30pm				<u>SATURDAY INT Pickleball League</u> 9am-12noon	
11am		(Soccer Shots - 1 court 9-10:30am)		Intermediate / Advanced Pickleball 11am-1pm			
12noon							
1pm			Recreational Pickleball 11:45am-3:45pm		Recreational Pickleball 12-3pm	<u>Private Pickleball Rental</u> 12:15-2:15pm	
2pm	MONDAY REC Pickleball League 1-4pm			Recreational Pickleball 1-4pm			
3pm					Open Gym 1/2 Basketball / Pickleball 3-5pm		
4pm		Open Gym 1/2 Basketball / 1/2 Pickleball 2:30-7pm	Open Gym 1/2 Basketball / Pickleball 4-6pm	<u>NUVA Volleyball</u> 4:30-6:30pm			
5pm	Open Gym 1/2 Basketball / Pickleball 4-8pm			Open Gym 4-6:30pm	Clutch Basketball 5-7pm		
6pm			<u>Howie Walker Private Basketball Rental</u> (1/2 court) / Open Gym (1/2 court) 6-8pm				Clutch Basketball 5-8pm
7pm		Tuesday Int Pickleball League 7-9pm		<u>Private Basketball Rental</u> 7-9pm	Open Gym 1/2 Basketball / Pickleball 7-8:30pm		
8pm							

PICKLEBALL SKILL RATING

Beginner / Novice - 1-2.5
Recreational - 3
Intermediate - 3.5
Advanced - 4



FITNESS SCHEDULE

Week of June 3-9, 2024

Monday

9am - Silver Sneakers - Debbie
 10am - Senior Fit - Debbie (zoom)
 11am - Parkinson's Exercise - Debbie
 12pm - Senior Balance - Debbie (CHAIKEN)
 2pm - CardiDance Fit -Natalia
 3pm - Power and Strength - Natalia

Thursday

10am - Power and Strength - Natalia
 6pm - Zumba - Natalia

Tuesday

9am - Senior Fit - Debbie
 10am - Strong & Nimble - Debbie (zoom)
 11am -All Stretch - Debbie
 5:15pm - Yoga - Lisa

Friday

11:30am - Gentle Flow Yoga - Lisa (CHAIKEN)

Wednesday

2pm - CardiDance Fit -Natalia
 3pm - Power and Strength - Natalia

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

