



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	<u>SATURDAY INT</u> <u>Pickleball</u> <u>League</u> 9am-12noon	Open Gym 1/2 Basketball / 1/2 Pickleball (7am-1pm)
10am		Recreational Pickleball 8:30am-2:30pm		Intermediate / Advanced Pickleball 11am-1pm			
11am		(Soccer Shots - 1 court 9-10:30am)					
12noon			Recreational Pickleball 11:45am-3:45pm	Recreational Pickleball 1-4pm			
1pm	MONDAY REC Pickleball League 1-4pm				Recreational Pickleball 12-3pm	Private Pickleball Rental 12:15-2:15pm	
2pm							
3pm							
4pm		Open Gym 1/2 Basketball / 1/2 Pickleball 2:30-7pm			Open Gym 1/2 Basketball / Pickleball 3-5pm		
5pm	Open Gym 1/2 Basketball / Pickleball 4-8pm		Open Gym 1/2 Basketball / Pickleball 4-6pm				
6pm			Howie Walker Private Basketball Rental (1/2 court)	NUVA Volleyball 4:30-6:30pm			
7pm			/ Open Gym (1/2 court) 6-8pm	Open Gym 4-6:30pm	Clutch Basketball 5-7pm		Clutch Basketball 5-8pm
8pm					Private Basketball Rental 7-9pm	Open Gym 1/2 Basketball / Pickleball 7-8:30pm	PICKLEBALL SKILL RATING Beginner / Novice - 1-2.5 Recreational - 3 Intermediate - 3.5 Advanced - 4

FITNESS SCHEDULE

Week of June 3-9, 2024

<u>Monday</u>
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

<u>Thursday</u>
10am - Power and Strength - Natalia
6pm - Zumba - Natalia

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

<u>Friday</u>
11:30am - Gentle Flow Yoga - Lisa (CHAIKEN)

<u>Wednesday</u>
2pm - CardiDance Fit -Natalia
3pm - Power and Strength - Natalia

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



THE FINEST HOUR
HEALTH AND FITNESS

<u>The Finest Hour Group Personal Training</u>	
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

