

# Summer

Health & Wellness

Gym

Minnesota JCC  
Capp Center St. Paul

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 – 6 AM <b>OPEN GYM</b>	5:30 AM – NOON <b>OPEN GYM</b>	5:30 – 6 AM <b>OPEN GYM</b>	5:30 – NOON <b>OPEN GYM</b>	5:30 – 6 AM <b>OPEN GYM</b>	7 – 9 AM <b>OPEN GYM</b>	7 – 8 AM <b>OPEN GYM</b>
6:15 – 7:15 AM <b>GROUP COACHING</b>	NOON – 2 PM <b>OPEN GYM</b> <i>*Gym may be in use by Summer Camp</i>	6:15 – 7:15 AM <b>GROUP COACHING</b>	NOON – 1:30 PM <b>DROP IN PICKLEBALL</b> <i>*Gym may be in use by Summer Camp</i>	6:15 – 7:15 AM <b>GROUP COACHING</b>	9 – 11 AM <b>ADULT DROP IN BASKETBALL</b>	8 – 10:30 AM <b>ADULT DROP IN BASKETBALL</b>
7:15 – NOON <b>OPEN GYM</b>	2 – 3:30 PM <b>DROP IN PICKELBALL</b> <i>*Gym may be in use by Summer Camp</i>	7:15 – NOON <b>OPEN GYM</b>	1:30 – 3:30 PM <b>OPEN GYM</b> <i>*Gym may be in use by Summer Camp</i>	7:15 – NOON <b>OPEN GYM</b>	11 AM – 1 PM <b>FAMILY GYM</b>	10:45 AM – 2:30 PM <b>PICKLEBALL LEAGUE</b>
NOON – 3 PM <b>OPEN GYM</b> <i>*Gym may be in use by Summer Camp</i>	3:30 – 4:30 PM <b>CLUB J</b>	NOON – 3 PM <b>OPEN GYM</b> <i>*Gym may be in use by Summer Camp</i>	3:30 – 4:30 PM <b>CLUB J</b>	NOON – 5:45 PM <b>OPEN GYM</b> <i>*Gym may be in use by Summer Camp</i>	1 – 3 PM <b>TEEN DROP IN BASKETBALL</b>	2:30 – 4 PM <b>DROP IN PICKLEBALL</b>
3 – 4 PM <b>ECC ENRICHMENT</b>	4:30 – 7 PM <b>ADULT DROP IN BASKETBALL</b>	3:30 – 4:30 PM <b>CLUB J</b>	4:30 – 6:30 PM <b>OPEN GYM</b>		3 – 4:30 PM <b>DROP IN PICKLEBALL</b>	4 – 5:45 PM <b>YOUTH BASKETBALL</b>
4 – 9:45 PM <b>OPEN GYM</b>	7 – 9:45 PM <b>OPEN GYM</b>	4:30 – 5:30 PM <b>OPEN GYM</b>	6:30 – 8:30 PM <b>PICKLEBALL LEAGUE</b>		4:30 – 5:45 PM <b>OPEN GYM</b>	
		5:30 – 9:30 PM <b>PICKLEBALL LEAGUE</b>	8:30 – 9:45 PM <b>OPEN GYM</b>			
				<p><b>Questions?</b> Contact Parker Buckley at 651.255.4768 or <a href="mailto:parkerb@minnesotajcc.org">parkerb@minnesotajcc.org</a></p>		
				<p><b>Gym schedule is subject to change on a daily basis due to programming and gym rental.</b></p>		

