

Fall

Health & Wellness

Gym

Minnesota JCC
Capp Center St. Paul



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