

Winter

Health & Wellness

Gym

Minnesota JCC
Capp Center St. Paul

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 -- 9:30 AM OPEN GYM	5:30 -- 9:30 AM OPEN GYM	5:30 -- 9:30 AM OPEN GYM	5:30 -- 9:30 AM OPEN GYM	5:30 -- 9:30 AM OPEN GYM	7 -- 9 AM OPEN GYM	7 -- 8 AM OPEN GYM
9:30 AM -- NOON ECC	9:30 AM -- NOON ECC	9:30 AM -- NOON ECC	9:30 AM -- NOON ECC	9:30 AM -- NOON ECC	9 -- 11 AM ADULT DROP IN BASKETBALL	8 -- 10:30 AM ADULT DROP IN BASKETBALL
NOON -- 3 PM OPEN GYM	NOON -- 2 PM Rec Pickleball League	NOON -- 3 PM OPEN GYM	NOON -- 1:30 PM DROP IN PICKLEBALL	NOON -- 3 PM OPEN GYM	11 AM -- 1 PM FAMILY GYM	10:30 AM -- 12:15 PM DROP IN PICKLEBALL
3 -- 4:30 PM CLUB J	2 -- 3:30 PM DROP IN PICKELBALL	3 -- 4:30 PM CLUB J	1:30 -- 3:00 PM OPEN GYM	3 -- 4:30 PM CLUB J	1 -- 3 PM T EEN DROP IN BASKETBALL	12:30-4:30 PM YOUTH BASKETBALL
4:30 -- 5:45 PM OPEN GYM	3:30 -- 4:30 PM CLUB J	4:30 -- 5:30 PM OPEN GYM	3 -- 4:30 PM CLUB J	4:30 -- 5:45 PM OPEN GYM	3 -- 4:30 PM DROP IN PICKLEBALL	4:30 -- 5:45 PM OPEN GYM
5:45 -- 9 PM Men's Basketball League	4:30 -- 7 PM ADULT DROP IN BASKETBALL	5:30 -- 8 PM PICKLEBALL LEAGUE	4:30 -- 5:30 PM OPEN GYM		4:30 -- 5:45 PM OPEN GYM	
9 -- 9:45 PM OPEN GYM	7 -- 9:45 PM OPEN GYM	8 -- 9:45 PM OPEN GYM	5:30 -- 8 PM PICKLEBALL LEAGUE			
			8 -- 9:45 PM OPEN GYM	<p>Questions? Contact Parker Buckley at 651.255.4761 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>		

