**Recreational Gym Schedule**  
December 1, 2019 - March 1, 2020

### MARJORIE AND DAVID ARENSTEIN GYMNASIUM

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
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<tr>
<td>OPEN GYM 5:00-6:30AM</td>
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<tr>
<td>Men's 18+ Basketball 5:30-6:30AM</td>
<td>Preschool PE 9:00-11:30AM</td>
<td>Men's 18+ Basketball 5:30-6:30AM</td>
<td>Preschool PE 9:00-11:30AM</td>
<td>Men's 18+ Basketball 5:30-6:30AM</td>
<td>Pickleball 10:00AM-12:00PM</td>
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<td>OPEN GYM 6:30-9:00AM</td>
<td>Pickleball 11:30AM-12:30PM</td>
<td>RENTAL 6:30-8:00AM</td>
<td>Pickleball 11:30AM-1:00PM</td>
<td>RENTAL 6:30-8:00AM</td>
<td>OPEN GYM 12:00-7:00PM</td>
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<tr>
<td>*Preschool PE 9:00-11:30AM</td>
<td>**1/2 Pickleball 12:45-1:30PM</td>
<td>OPEN GYM 8:00-9:00AM</td>
<td>1/2 Pickleball 1:30-2:15PM</td>
<td>OPEN GYM 8:00-9:30AM</td>
<td>1/2 Balanced 1/2 OPEN GYM 9:30-10:30AM</td>
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<td>OPEN GYM 11:30AM-12:45PM</td>
<td>Pickleball 1:30-2:15PM</td>
<td>Preschool PE 9:00-11:30AM</td>
<td>Kids' Place 2:15-5:30PM</td>
<td>1/2 Balanced 1/2 OPEN GYM 9:30-10:30AM</td>
<td>Sunday</td>
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<td>Gym Time Frenzy 12:45-1:30PM</td>
<td>Kids' Place 2:30-5:30PM</td>
<td>Men's 18+ Basketball 12:00-2:00PM</td>
<td>RENTAL 5:30-7:00PM</td>
<td>1/2 Men's 18+ Basketball 1/2 OPEN GYM 7:00-10:00PM</td>
<td>OPEN GYM 7:00-8:30AM</td>
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<td>OPEN GYM 1:30-2:00PM</td>
<td>RENTAL 5:30-7:00PM</td>
<td>Kids' Place 2:00-5:30PM</td>
<td>1/2 Men's 18+ Basketball 1/2 OPEN GYM 12:30-2:00PM</td>
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<td>Men's 18+ Basketball 8:30AM-12:00PM</td>
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<td>Kids' Place 2:00-3:45PM</td>
<td>1/2 Men's 18+ Basketball 1/2 OPEN GYM 7:00-10:00PM</td>
<td>OPEN GYM 5:30-10:00PM</td>
<td>OPEN GYM 5:30-6:00PM</td>
<td>Kids' Place 2:00-5:30PM</td>
<td>Jr. NBA 12:00-6:00PM</td>
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<td>Core Gymnastics 3:45-4:45PM</td>
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**Please Note:** Winter Recreation Classes will take place during the following date ranges:
- All Star Soccer: Jan. 7 - Feb. 25
- CORE Gymnastics: Jan. 6 - Feb. 24
- Gym Time Frenzy: Jan. 6 - Feb. 24
- Sports Spectacular: Jan. 9 - Feb. 27

**Weinstein JCC Hours:**
- 5:00 AM - 10:00 PM Monday - Thursday
- 5:00 AM - 6:00 PM Friday
- 7:00 AM - 7:00 PM Saturday • 7:00 AM - 7:00 PM Sunday
Monday | Tuesday | Wednesday | Thursday | Friday | Saturday
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10:30 - 11:15 AM Power 45 Alex | 9:30 - 10:30 AM Performance 60 Amy | 8:15 - 9:00 AM Power 45 Alex | 9:30 - 10:30 AM Performance 60 Amy | 6:00 - 6:45 AM Power 45 Jason | 8:30 - 9:15 AM Strength 45 Linda
11:20 - 11:50 AM Strength 30 Linda | 12:30 - 1:30 PM Power 60 Alex | 10:45 - 11:15 AM Strength 30 Linda | 12:30 - 1:30 PM Power 60 Alex | 10:30 - 11:15 AM Power 45 Alex | 11:20 - 11:50 AM Strength 30 Linda

**WELL MONTHLY PACKAGES**

**Members:**
- 4 sessions: $50
- 8 sessions: $75
- Unlimited: $100
- Drop-in: $15 per class

**Non-members:**
- 4 sessions: $70
- 8 sessions: $95
- Unlimited: $120
- Drop-in: $20 per class

**WELL SEASONAL PACKAGES**

**UNLIMITED 3-MONTH PACKAGES**
*December 1 – February 28*
- $210M, $240NM
- Code: 18256

**10 SESSIONS**
*December 1 – February 28*
- $83M, $108NM
- Code: 18255

**PICK YOUR WELL STYLE**

**Strength:** Whole body strength training using Kettlebells and TRX to develop balance, flexibility and core stability.

**Performance:** High intensity interval training sessions that will mix cardio and strength training in both circuit and group style classes.

**Power:** High intensity strength and conditioning sessions involving cardio, weight training, body weight and core exercises.

*DECEMBER SPECIAL!* ½ off WELL packages and classes for the entire month (prices to the right reflect discount)

Questions? Contact Amy Buckberg, Group Exercise Coordinator, at abuckberg@weinsteinjcc.org or 545-8641.

*Formerly known as Small Group Training*