

# Gymnasium Schedule August 15

**MONDAY**

	Court 1	Court 2
5:30 – 7:30am	Open	Open
7:30-6:00pm	ECE	Summer Camp
6:00-8:30pm	Open	Open
8:30-10:30pm	Adult Volleyball	Group Exercise

**TUESDAY**

	Court 1	Court 2
5:30 – 7:30am	Open	Open
7:30-6:00pm	ECE	Summer Camp
6:00 - 10:00pm	Adult Basketball	

**WEDNESDAY**

	Court 1	Court 2
5:30 - 7:30am	Open	Open
7:30-6:00pm	ECE	Summer Camp
6:00-7:00pm	Open	Open
7:00 - 9:00pm	Volleyball Club	Open
9:00 - 10:00pm	Open	Open

**THURSDAY**

	Court 1	Court 2
5:30 – 7:30am	Open	Open
7:30 – 6:00pm	ECE	Summer Camp
6:00-10:00pm	Adult Basketball	

**FRIDAY**

	Court 1	Court 2
5:30 - 7:30am	Open	Open
7:30 – 6:00pm	ECE	Summer Camp
6:00-8:00pm	Open	Open

**SATURDAY**

	Court 1	Court 2
7:00 - 8:30am	Open	Open
8:30 - 12:00pm	Volleyball Club	Open
12:00 - 8:30pm	Open	Open

**SUNDAY**

	Court 1	Court 2
7:00 - 9:00am	Open	Open
9:00 - 12:00pm	Family Gym	Adult Basketball
12:00 - 8:30pm	Open	Open

**Gymnasium Rules**

1. No food or beverages are allowed in the Gymnasium (plastic water bottles are allowed).
2. Athletic shoes must be worn on the gym floor (no street shoes or hard-soled shoes that leave marks).
3. Please return all basketball balls to the cart.
4. Profanity, fighting, excessive yelling, and unnecessary aggressiveness will not be tolerated at any time.
5. Children 6<sup>th</sup> grade or below must be accompanied by an adult.

**Gymnasium Closings**

- **Monday:** Court 2: 6:15-7:10am Flow Yoga
- **Monday:** Court 2: 8:30-9:25am Flow Yoga
- **Monday:** Court 2: 9:30-10:25am Triple Zen
- **Monday:** Court 2: 11:30-12:30pm Zumba Toning
- **Tuesday:** Court 2: 8:00-8:55am Flow Yoga
- **Tuesday:** Court 2: 9:00-9:55am Zumba
- **Tuesday:** Court 2: 11:00-12:25pm Yoga Stretch & Strength
- **Wednesday:** Court 2: 8:30-9:25am Cardio Sculpt w/ Ball
- **Wednesday:** Court 2: 9:30-10:25am Fit Fusion
- **Wednesday:** Court 2: 10:30-11:25am Mat Pilates
- **Thursday:** Court 2: 8:00-9:00am Flow Yoga
- **Friday:** Court 2: 9:00-10:00am Zumba Toning
- **Sunday, August 9<sup>th</sup>** 12:30-1:30pm Mamanet Clinic
- **Sunday, August 16<sup>th</sup>** 1:30-6:30pm Volleyball Tourney



*\*Schedule is subject to change due to JCC programs. Please visit us on the web at [www.jccgw.org](http://www.jccgw.org) or call 301-881-0100 for updates.*