



January-March

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Hyde Park JCC Fitness Schedule

6:00						
6:30						
7:00						
7:30						
8:00						
8:30						
9:00	Super Soccer In Gym 8:30am -12:45pm	Silver Sneakers with Roberta in Social Hall 9am-10am	Fit-N-Senior with Roberta 9:30am-10:30am	Silver Sneakers with Roberta Room 103 9am-10am	Pilates Mat with Pam in Social Hall 9am-10am	
9:30						
10:00				Fit-N-Senior with Roberta 9:30am-10:30am	Silver Sneakers with Roberta in Social Hall 9am-10am	
10:30						
11:00			Parkinsons Program with Roberta in Social Hall 11am-12pm			
11:30						
12:00						
12:30						
1:00	Women's Drop In Basketball In Gym 1-3 pm					
1:30						
2:00						
2:30						
3:00						
3:30	Men's Drop In Basketball In Gym 3pm-5pm					
4:00						
4:30						
5:00						
5:30						
6:00						
6:30						
7:00						
7:30						
8:00						
8:30						
9:00						
9:30						
10:00						

Silver Sneakers

Pilates Mat

Fit-N-Senior

Parkinson's Program

Super Soccer

Women Drop in Basketball

Men Drop in Basketball

Registration for classes is now open!
For more information or to register, please call (773) 753-3080 or visit jccchicago.org/fitness