




# GROUPx SCHEDULE

APRIL 1, 2018 - JUNE 30, 2018

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:30am					
8:00am					
8:30am					
9:00am	Bars with Jenn 9:00am - 10:00am Studio	Cycling with Janet 8:45am - 9:30am Cycling Studio	Circuit with Jen M. 9:00am - 9:45am Studio	Cycling with Jenn 8:45am - 9:30am Cycling Studio	Pilates with Angela 8:45am - 9:30am Studio
9:30am					
10:00am	Silver Sneakers 10:00am - 10:45am Aux Auditorium	Total Body Toning with Nolie 9:45am - 10:30am Studio	Silver Sneakers 10:00am - 10:45am Aux Auditorium	Bars with Jenn 9:45am - 10:30am Studio	Silver Sneakers 10:00am - 10:45am Aux Aud.
10:30am					
11:00am	Chair Yoga with Jane 11:00am - 12:00pm Yoga Room		Chair Yoga with Joseph 11:00am - 12:00pm Yoga Room		
11:30am					
12:00pm					
5:30pm		Zumba with Jonathan 5:30pm - 6:15pm Studio	Zumba with Jonathan 5:30pm - 6:15pm Studio	Zumba with Jonathan 5:30pm - 6:15pm Studio	
6:00pm					
6:30pm	Fitness Ball 2.0 with Bryan 6:15pm - 7:00pm Studio	Yoga with Joseph 6:15pm - 7:15pm Yoga Room		Yoga with Joseph 6:15pm - 7:15pm Yoga Room	
7:00pm			Core and More with Gwen 6:45pm - 7:30pm Studio		
7:30pm	Yoga with Svetlana 7:15pm - 8:00pm Yoga Room	Instructor's Choice 7:15pm - 8:00pm Studio			
8:00pm					

SUNDAY		SATURDAY		8:00am	8:30am	9:00am	9:30am	10:00am	10:30am	11:00am	2:00pm	2:30pm	3:00pm
Zumba w/ Jonathan in the Studio 8:00am - 8:45am	Cycling with Amy S. in the Cycling Studio 9:00am - 9:45am					Total Body Toning with Nolie in the Studio 9:00am - 9:45am		Yoga w/ Joseph in the Yoga Room 10:00am - 11:00am			Functional Training Class in FTR 2:00pm - 2:45pm	*	

	Beginner
	Moderate
	Moderate/Advanced

**\*Functional Training Room Classes**  
*These are paid classes. Please see our guide for more info.*

All classes are modifiable to the participants ability. Check the Wellness Facebook page each week for Instructor's Choice.

Please make sure to check the website and daily schedule for any changes or updates to the schedule. No classes on days the building is closed.

# AQUATICS SCHEDULE

APRIL 1, 2018 - JUNE 30, 2018

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:00am	Adult Lap Only 6:00am - 9:00am	Adult Lap Only 6:00am - 9:00am	Adult Lap Only 6:00am - 9:30am	Adult Lap Only 6:00am - 9:00am	Adult Lap Only 6:00am - 9:00am
9:00am	Open/Family (1 LL) 9:00am - 10:00am	Adult Lap (1 LL) 9:00am - 11:00am	Pre-K Swim (1 LL) 9:30am - 11:00am	Adult Lap (1 LL) 9:00am - 11:00am	Open/Family (1 LL) 9:00am - 10:00am
10:00am	Water Jogging Club (1 LL) 10:00am - 11:00am				Water Jogging Club (1 LL) 10:00am - 11:00am
11:00am	Aqua Arthritis (1 LL) 11:00am - 12:00pm	Aqua Aerobics 11:00am - 12:00pm	Aqua Arthritis (1 LL) 11:00am - 12:00pm	Aqua Aerobics 11:00am - 12:00pm	Aqua Yoga (1 LL) 11:00am - 12:00pm
12:00pm	Silver Spalsh (1 LL) 12:00pm - 1:00pm	Adult Lap (1 LL) 12:00pm - 3:00pm	Adult Lap (1 LL) 12:00pm - 12:30pm	Silver Spalsh (1 LL) 12:00pm - 1:00pm	Adult Lap (1 LL) 12:00pm - 3:00pm
1:00pm	Open/Family (1 LL) 1:00pm - 3:00pm		Kindergarten Swim (1 LL) 12:30pm - 1:30pm	Adult Lap (1 LL) 1:00pm - 2:00pm	
2:00pm		Open/Family (1 LL) 1:30pm - 4:00pm	Open/Family (1 LL) 1:30pm - 4:00pm	Open/Family (1 LL) 2:00pm - 4:00pm	Open/Family (1 LL) 3:00pm - 5:30pm
3:00pm	Adult Lap (1LL) 3:00pm - 4:00pm	Open/Family (1 LL) 3:00pm - 5:30pm		Lessons (1 LL) 4:00pm - 4:30pm	
4:00pm	Lessons (1LL) 4:00pm - 4:30pm		H2O Sports 4:00pm - 5:00pm		Lessons (1 LL) 4:00pm - 4:30pm
	Open/Family (1 LL) 4:30pm - 5:00pm	Lessons (1 LL) 5:30pm - 8:00pm	Open/Family (1 LL) 5:00pm - 6:30pm	Open/Family (1 LL) 4:30pm - 5:00pm	Open/Family (1 LL) 3:00pm - 5:30pm
5:00pm	Swim Clinic 5:00pm - 6:00pm			Swim Clinic 5:00pm - 6:00pm	
6:00pm	Open/Family (1 LL) 6:00pm - 8:00pm	Lessons (1 LL) 5:30pm - 8:00pm	Adult Lap (1 LL) 6:30pm - 8:00pm	Adult Lap (1 LL) 6:00pm - 8:00pm	
7:00pm					
8:00pm	Adult Lap Only 8:00pm - 9:00pm	Adult Lap Only 8:00pm - 9:00pm	Adult Lap Only 8:00pm - 9:00pm	Adult Lap Only 8:00pm - 9:00pm	
9:00pm					

- All programs end 6/15 and Lessons turn into Open/Family Swim.

- Adult Lap (1 LL) - 1 Lane Lessons | Open/Family - 1 Lap Lane

**Please make sure to check the website and daily schedule for any changes or updates to the schedule.**

**No classes on days the building is closed.**

**JCC OF THE LEHIGH VALLEY | 702 N. 22ND ST | ALLENTOWN, PA 18104 | 610.435.3571 | WWW.LVJCC.ORG**

	SUNDAY		SATURDAY		8:00am	9:00am	10:00am	11:00am	12:00pm	1:00pm	2:00pm	3:00pm	4:00pm	5:00pm
	Adult Lap Only 8:30am - 10:30am	Adult Lap (1 LL) 10:30am - 12:30pm	Adult Lap Only 8:30am - 10:30am	Lessons 10:30am - 1:00pm						Open/Family (1 LL) 1:00pm - 3:30pm				





- Adult Lap
- Water Exercise
- Lessons and Classes

# RECREATION SCHEDULE

APRIL 1, 2018 - JUNE 30, 2018

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:00am	Open Gym 6:00am - 9:30am	Open Gym 6:00am - 9:30am	Open Gym 6:00am - 9:30am	Open Gym 6:00am - 9:30am	Open Gym 6:00am - 9:30am
9:00am					
10:00am	ECE Gym 9:30am - 11:30pm	ECE Gym 9:30am - 11:30am	ECE Gym 9:30am - 11:30am	ECE Gym 9:30am - 11:00am	ECE Gym 9:30am - 11:00am
11:00am	Kindergarten Gym 11:30am - 12:15pm		3's Gym Class 11:30am - 12:00pm	Pre-K Gym Class 11:00am - 12:00pm	Open Gym 11:00am - 12:30pm
12:00pm		Open Gym 11:30am - 12:30pm		Open Gym 12:00pm - 12:30pm	
1:00pm	Pickleball 12:30pm - 3:30pm	Pickleball 12:30pm - 3:30pm	Pickleball 12:30pm - 3:30pm	Pickleball 12:30pm - 3:30pm	Pickleball 12:30pm - 3:30pm
2:00pm					
3:00pm	Open Gym 3:30pm - 4:00pm	Open Gym 3:30pm - 4:00pm	Open Gym 3:30pm - 4:00pm	Open Gym 3:30pm - 5:00pm	Open Gym 3:30pm - 4:30pm
4:00pm	Youth After School Sports 4:00pm - 5:00pm	Jr. Ga-Ga 4:00pm - 5:00pm	Soccer Shots 4:00pm - 4:45pm		Rental 4:30pm - 5:30pm
5:00pm	Youth Strength 5:00pm - 6:00pm	Athletic Speed & Agility 5:00pm - 6:00pm	Open Gym 5:00pm - 6:00pm	Teen Strength 5:00pm - 6:00pm	Open Gym 5:30pm - 6:0pm
6:00pm		Open Gym 6:00pm - 7:00pm		HS Pick Up 6:00pm - 7:00pm	
7:00pm	Ted Glass Adult Basketball League 6:30pm - 9:30pm	Men's Basketball 18+ 7:00pm - 9:30pm	Ted Glass Adult Basketball League 6:00pm - 9:30pm	Men's Basketball 18+ 7:00pm - 9:30pm	
8:00pm					
9:30pm					

	SUNDAY					SATURDAY				
8:00am	Open Gym 8:00am - 9:00am	Men's Basketball 18+ 9:00am - 11:30am	Youth Athletic 11:30am - 12:30pm		Open Gym 12:30pm - 5:00pm	Open Gym 8:00am - 8:30am	Rental 8:30am - 11:00am	Easter Seals 11:00am - 12:00pm		Open Gym 12:00pm - 4:00pm
9:00am										
10:00am										
11:00am										
12:00pm										
1:00pm										
2:00pm										
3:00pm										
4:00pm										
5:00pm										

	Open Gym		ECE Gym
	Youth Recreation		Adult Recreation

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No programming on days the building is closed.**

# SQUASH SCHEDULE

SEPTEMBER 5, 2017 - DECEMBER 31, 2017

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00am						Squash Round Robin Play Court 1 & 2 9:00am - 11:00am	
10:00am							Men's Intro Clinic Court 1 10:00am - 11:00am
11:00am							Women's Intro Clinic Court 1 11:00am - 12:00pm
12:00pm							
2:00pm							Squash Team League Courts 1 & 2 2:00pm - 4:00pm
3:00pm							
4:00pm	Junior Squash Courts 1 & 2 4:00pm - 7:00pm		Junior Squash Courts 1 & 2 4:00pm - 7:00pm				
6:00pm		Squash Round Robin Play Court 1 6:00pm - 8:00pm					
7:00pm	Squash Round Robin Play Court 2 7:00pm - 8:00pm		Squash Team League Courts 1 & 2 7:00pm - 9:00pm				
8:00pm							
9:00pm							

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