

SEILER FAMILY GYM July/August 2021 SCHEDULE

GOLDMAN SPORTS & WELLNESS COMPLEX

Time	MONDAY 7/26		TUESDAY 7/27		WEDNESDAY 7/28		THURSDAY 7/29		FRIDAY 7/30		SATURDAY 7/31		SUNDAY 8/01	
	Court 1	Court 2	Court 1	Court 2	Court 1	Court 2	Court 1	Court 2	Court 1	Court 2	Court 1	Court 2	Court 1	Court 2
5:00 AM														
6:00 AM	OPEN GYM: 6:00AM to 8:30AM		OPEN GYM: 6:00 AM to 7:30AM		OPEN GYM: 6:00AM to 8:30AM		OPEN GYM: 6:00 AM to 7:30AM		OPEN GYM: 6:00 AM to 8:30 AM					
7:00 AM											Vinyasa Yoga 7:30AM to 8:25AM			
8:00 AM			Vinyasa Yoga 8:00AM to 8:55AM				Vinyasa Yoga 8:00AM to 8:55AM							
9:00 AM	Barre Sculpt 9:00AM to 9:55AM				Feldenkrais 9:00AM to 9:55AM				Barre Sculpt 9:00AM to 9:55AM		Cycling 9:00AM to 9:55AM			
10:00 AM			Hatha Yoga 9:30AM to 10:25AM				OPEN GYM: 9:30AM to 10:15AM						OPEN GYM: 10:00AM to 4:30PM	
11:00 AM	Hatha Yoga 10:30AM to 11:25AM				Vinyasa Yoga 10:30AM to 11:25AM				Zumba Gold 10:30AM to 11:15AM		Vitamin (D)ance 10:30AM to 11:25AM			
12:00 PM	Qigong 12:15PM to 1:10PM		Mat Pilates 12:00PM to 12:55PM		OPEN GYM: 12:00PM to 4:30PM		Mat Pilates: 12:00PM to 12:55PM		OPEN GYM: 12:00PM to 6:00PM		OPEN GYM: 12:00PM to 4:30PM			
1:00 PM	OPEN GYM 1:30PM to 8:00PM		OPEN GYM: 1:30PM to 6:00PM				OPEN GYM: 1:30PM to 7:00PM							
2:00 PM														
3:00 PM														
4:00 PM														
5:00 PM			WOW 4:30Pm to 5:30PM		Hatha Yoga 5:00PM to 5:55PM		WOW 4:30PM to 5:30PM		Drench 5:00PM to 5:55PM		Special Event 5:00PM to 6:30PM		Private Event 5:00PM to 6:30PM	
6:00 PM	Vitamin (D) 6:00PM to 6:55PM		Private Event 6:30PM to 8:30PM		Strength & Stretch 6:00PM to 6:55PM		Cardio Kickboxing 6:15PM to 7:10PM							
7:00 PM					Pick-up Basketball Half Court: 6:00PM to 7:00PM Full Court: 7:00PM to 8:00PM		Private Event 7:30PM to 9:30PM							
8:00 PM														
9:00 PM														
10:00 PM														








The Oshman Family JCC is proud to be a part of the Koret Initiative on Jewish Peoplehood.