

# J

NOW OFFERING

JCC MEMBERS

# OUTDOOR WORKOUT SPACE!

## Weight Training Rowers • Spin Bikes

1 HOUR\*  
WORKOUT  
TIMES  
Reservation  
Required

Reserve at: [www.charlottejcc.org/register](http://www.charlottejcc.org/register)

### MON-THUR

5:30-6:30am	1:00-2:00pm
7:00-8:00am	2:30-3:30pm
8:30-9:30am	4:00-5:00pm
10:00-11:00am	5:30-6:45pm*
11:30-12:30pm	

LOCATED ON LEVEL 2  
of the JCC PARKING DECK

### SATURDAY

12:00-1:00pm	4:30-5:30pm
1:30-2:30pm	6:00-6:55pm*
3:00-4:00pm	

### FRIDAY

5:30-6:30am	1:00-2:00pm
7:00-8:00am	2:30-3:30pm
8:30-9:30am	4:00-5:45pm*
10:00-11:00am	(4:00-4:55pm*
11:30-12:30pm	starting 9/11)

### SUNDAY

7:00-8:00am	1:00-2:00pm
8:30-9:30am	2:30-3:30pm
10:00-11:00am	4:00-5:00pm
11:30-12:30pm	5:30-6:45pm*

\*NOTE: Last time slot of the day may be slightly longer/shorter than 1 hour.



LIVE

PLUS - Weekly workouts by Jenny posted on Facebook  
Register at [www.charlottejcc.org/register](http://www.charlottejcc.org/register)

