

SOUTH HILLS JCC GYM SCHEDULE

JUNE – AUGUST 2010

SCHEDULE ALSO AVAILABLE ONLINE AT: WWW.JCCPGH.ORG

TIME	SIDE A (FAR SIDE)	SIDE B (OFFICE)	TIME	SIDE A (FAR SIDE)	SIDE B (OFFICE)
SUNDAY					
8:00-10:00	OPEN OVER 30 BASKETBALL				
10:30-11:30	GROUP POWER	OPEN GYM			
11:30-12:30	ZUMBA	OPEN GYM			
12:30-6:00	OPEN GYM				
MONDAY					
5:30- 7:00	OPEN GYM				
7:00-8:00	BEFORE CAMP PROGRAM	OPEN GYM			
8:00-9:00	GROUP POWER	BEFORE CAMP PROGRAM			
9:00-9:30	DAY CAMP	OPEN GYM			
9:30-10:30	GROUP POWER	DAY CAMP			
10:30-3:00	DAY CAMP	OPEN GYM			
3:15-6:00	AFTER CAMP PROGRAM	OPEN GYM			
6:00-7:30	OPEN GYM				
7:30-9:30	ADULT CO-ED VOLLEYBALL	OPEN GYM			
TUESDAY					
5:30- 7:00	OPEN GYM				
7:00-9:30	BEFORE CAMP PROGRAM	OPEN GYM			
9:30-10:30	GROUP KICK	DAY CAMP			
9:00-3:00	DAY CAMP	OPEN GYM			
3:15-6:00	AFTER CAMP PROGRAM				
6:00-7:00	OPEN GYM				
7:00-8:00	ZUMBA	OPEN GYM			
8:00-9:30	OPEN GYM				
WEDNESDAY					
5:30- 7:00	OPEN GYM				
7:00-8:00	BEFORE CAMP PROGRAM	OPEN GYM			
8:00-9:00	GROUP POWER	BEFORE CAMP PROGRAM			
9:00-9:30	DAY CAMP	OPEN GYM			
9:30-10:30	GROUP POWER	DAY CAMP			
10:30-3:00	DAY CAMP	OPEN GYM			
3:15-6:00	AFTER CAMP PROGRAM				
6:00-9:30	OPEN GYM				
THURSDAY					
5:30-7:00	OPEN GYM				
7:00-9:00	BEFORE CAMP PROGRAM	OPEN GYM			
9:00-3:00	DAY CAMP	OPEN GYM			
3:00-6:00	AFTER CAMP PROGRAM	OPEN GYM			
6:00-7:00	ZUMBA	OPEN GYM			
7:00-8:00	GROUP KICK	OPEN GYM			
8:00-9:30	OPEN OVER 30 BASKETBALL				
FRIDAY					
5:30- 7:00	OPEN GYM				
7:00-8:00	BEFORE CAMP PROGRAM	OPEN GYM			
8:00-9:00	GROUP POWER	BEFORE CAMP PROGRAM			
9:00-9:30	DAY CAMP	OPEN GYM			
9:30-10:30	GROUP KICK	DAY CAMP			
10:30-3:00	DAY CAMP	OPEN GYM			
3:00-6:00	AFTER CAMP PROGRAM	OPEN GYM			
SATURDAY					
1:00-6:00	OPEN GYM				

ALL SCHEDULED TIMES ARE SUBJECT TO CHANGE DUE TO SPECIAL PROGRAMMING



PLEASE CONTACT STEPHANIE
MUHLEMAN AT 412-278-1975 X.
207 WITH ANY SCHEDULING
QUESTIONS

**IN INCLEMENT WEATHER (RAIN OR
EXTREME HEAT) DAY CAMP WILL
USE THE ENTIRE GYM**