

**** JCC FACILITY POLICY FOR YOUTH:**

JCC Total Fitness is an adult-oriented health and fitness program. Family members under 18 years of age may use the facility during Family and Open-Recreation hours **only**. All **children 15 years** and under **must** be supervised by adult member at all times. For more information on JCC Total Fitness family use policy, please call 716 338-1260, or visit us on line at www.sunycc.edu/totalfitness.

JCC Total Fitness policies

*Please do not leave locks on lockers overnight.

* JCC Total Fitness is NOT responsible for lost or stolen items

*Children 6 yrs and over must use appropriate locker rooms

***Membership cards must be presented upon entering the facility**

*JCC PHED Complex is a tobacco free facility

Aerobics Classes:

Pilates
T&TH 5:30pm

Water Aerobics
Sat 9:30pm
M 7:30pm
W 6:30pm

Mix Fitness
T&TH 4:30pm

Zumba Express
W 5:45pm

Pound Fit
Mon 6-7pm

Women's Weight Training
Wed 6:30

Register at the
JCC Total Fitness
Information Center
for classes



We Help Create A Better You

*A New Look...
A New Attitude...
A New You!*

**JCC PHED COMPLEX
TOTAL FITNESS SCHEDULE
January 2nd - May 21st, 2017**

For membership information & facility schedule please phone 716-338-1260 or check our web site at www.sunycc.edu/totalfitness

Adult Membership Hours
 (any card holder 18 or older)
& JCC Students
 w/ FSA card

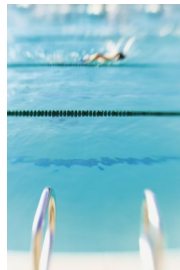
FACILITY HOURS:

Monday - Thursday~
 5:30 am-8:45pm
 Friday ~ 5:30am-7:45pm
 Saturday ~ 9:00am-5:45pm
 Sunday ~ 10:00am—3:45pm



POOL HOURS:

Monday - Friday ~
 6:00am-8:30am
 11:00am-1:00pm
 Tuesday , Wednesday, Thursday ~
 5:00pm-8:45pm
 Saturday ~ 9:00am-5:45pm
 Sunday ~ **10:00am—1:00pm**



Family Membership Hours
 (any card holder under 18)

**Please see policy for youth

FACILITY & POOL HOURS:

Tuesday & Thursday
 5:00pm-8:45pm
 Saturday ~9:00am-5:45pm
 Sunday ~ 10:00am -3:45pm **(Pool 10am—1pm)**



Open Recreation
 (All Non-members)

**Please see policy for youth

FACILITY & POOL HOURS:

Saturday ~ 9:00am - 5:45pm
 Sunday ~ 10:00am-3:45pm **(Pool 10am—1pm)**

Cost:

\$4.00 17 years and under
 \$6.00 18 years and older
 \$15.00 family (immediate family only,5 person limit)

Jayhawk Athletic Events

Jamestown Community
 College PHED complex hosts
 11 NJCAA sports. Practice
 and game schedules will close
 parts of the facility to **JCC**



Total Fitness members during the year. We
 apologize for any inconvenience this may
 cause, and ask that each member check the
 with the facility for closings

You can also receive monthly closings
 via email. Ask front desk for more details.

JCC Total Fitness Events

JCC Total Fitness hosts a Variety of
 community & special events throughout the
 year. Please check facility schedule for times
 that these events may affect regular **Total
 Fitness** operations.

For information on special use of the facility
 (including gym rental and pool parties) please
 call 716-338-1262 for more information.