

Total Fitness 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.sunyjcc.edu/totalfitness.

Total Fitness Facility Policies

- Please do not leave locks on lockers overnight.
- JCC Total Fitness is NOT responsible for lost or stolen items
- Children 6 years and over must use appropriate locker rooms
- Membership cards must be presented upon entering the facility
- JCC PHED Complex is a tobacco free facility

Spring Total Fitness Classes

Pound Fit

Monday 5:30 p.m.

Butts & Guts

Tuesday & Thursday 4:30 p.m.

Zumba

Wednesday 5:30 p.m.

Water Aerobics

Wednesday 6:30 p.m. & Saturday 9:30 a.m.

Boot Camp

Tuesday 5:30 p.m.

Beginning Weight Training

Thursday 5:30 p.m.

Contact Information

📞 716.338.1260

🌐 www.sunyjcc.edu/totalfitness

📌 @sunyjcctotalfitness

SUNY JCC Total Fitness

January 2nd-May 20th, 2018



Adult Membership & JCC Student Hours

Facility Hours

Monday - Thursday
5:30 a.m. - 8:45 p.m.

Friday
5:30 a.m. - 7:45 p.m.

Saturday
9:00 a.m. - 5:45 p.m.

Sunday
10:00 a.m. - 3:45 p.m.

Pool Hours

Monday - Friday
6:00 a.m. - 8:00 a.m.
11:00 a.m. - 1:00 p.m.

Tuesday - Thursday
5:00 p.m. - 8:45 p.m.

Saturday
9:00 a.m. - 5:45 p.m.

Sunday
10:00 a.m. - 1:00 p.m.

Family Membership Hours (any cardholder under 18)

Facility & Pool Hours

Tuesday & Thursday
5:00 p.m. - 8:45 p.m.

Saturday
9:00 a.m. - 5:45 p.m.

Sunday
10:00 a.m. - 3:45 p.m.
Pool: 10:00 a.m. - 1:00 p.m.

Open Recreation (All non-members)

Facility & Pool Hours

Saturday
9:00 a.m. - 5:45 p.m.

Sunday
10:00 a.m. - 3:45 p.m.
Pool: 10:00 a.m. - 1:00 p.m.

Cost

17 years and under: \$4.00
18 years and older: \$6.00

Family
(immediate family, 5 person limit)
\$15.00

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.



Total Fitness Community 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.