

## 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](http://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.

For pricing and information please call 716.338.1260 or visit the PHED Complex front desk.



# SUNY JCC Total Fitness

January 2nd-May 20th, 2018



716.338.1260  
[www.sunyjcc.edu/totalfitness](http://www.sunyjcc.edu/totalfitness)  
[@sunyjcctotalfitness](https://www.instagram.com/sunjcctotalfitness)



## 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.

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### 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.



## Jayhawk Athletic 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.