

Gymnasium Schedule

When weather does not permit our Early Education or JAM Connect students to utilize the outside work area, they utilize half of the gym, leaving the other half open for fitness classes and/or open gym. This schedule is subject to change.

All Gym

MONDAY-FRIDAY

6:00-8:00 am

- Walk & Talk

A Note on the Gymnasium:

The gymnasium is available at additional times when not in use for other JAM programs. Please ask the Welcome Center for today's schedule.

North Gym

MONDAY

8:00-8:15 am

- Open Gym

11:00 am-6:00 pm

- Open Gym

TUESDAY

8:00-8:15 am

- Open Gym

11:00 am-1:00 pm

- Open Pickleball

1:00-6:00 pm

- Open Gym

6:00-8:00 pm

- Open Pickleball

WEDNESDAY

8:00-8:15 am

- Open Gym

11:00 am-1:00 pm

- Open Pickleball

11:00 am-6:00 pm

- Open Gym

THURSDAY

8:00-9:00 am

- Open Gym

11:00 am-6:00 pm

- Open Gym

6:00-8:00 pm

- Open Pickleball

FRIDAY

8:00-10:00 am

- Open Gym

11:15 am-3:00 pm

- Open Gym

3:00-6:00 pm

- Pickup Basketball

6:00-8:00 pm

- Open Gym

SATURDAY

9:00 am-3:00 pm

- Open Gym

1:00-3:00 pm

- Open Pickleball

3:00-4:00 pm

- Open Gym

South Gym

MONDAY

2:30-4:00 pm

- Open Gym

6:00-8:00 pm

- Open Gym

TUESDAY

2:30-4:00 pm

- Open Gym

6:00-8:00 pm

- Open Gym

WEDNESDAY

2:30-4:00 pm

- Open Gym

THURSDAY

2:30-4:00 pm

- Open Gym

6:00-8:00 pm

- Open Gym

FRIDAY

2:30-4:00 pm

- Open Gym

6:00-8:00 pm

- Open Gym

SATURDAY

9:00 am-4:00 pm

- Open Gym

Open Recreation Descriptions

Open Pickleball (open time - gym) - This game combines ping-pong and tennis and is the fastest-growing sport in America. We provide balls and paddles, and it's great for all ages!

Pickup Basketball (open time - gym) - All ages are welcome to join a group and play anything from HORSE to half-court games or simply shoot hoops.

Walk and Talk (open time - gym) - Enjoy our lined track in the climate-controlled gym. Get your steps in early and start your day right, then relax with coffee in the Hospitality Room. Free for both members and nonmembers.

Interested in personalizing your wellness journey?



Book a free consult today by scanning the QR code or at the link below.

myjamcenter.org/personalized-wellness-consult