

# JAM CENTER GYM SCHEDULE

## January 2 - February 28

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. Refer to our session guide for complete class information. This schedule is subject to change.

Please note: There will be no fitness classes 12/22 - 1/2

	Mon	Tues	Wed	Thurs	Fri	Sat
All Gym	6:00-8:00 am Walk & Talk/ Open Gym	6:00-8:00 am Walk & Talk/ Open Gym	6:00-8:00 am Walk & Talk/ Open Gym	6:00-8:00 am Walk & Talk/ Open Gym	6:00-8:00 am Walk & Talk	
NorthGym  Wellness Classes/ Leagues/ Camps  JAMEE	8:00-8:30 am Open Gym 8:15-9:00 am BodyFIT 9:15-9:45 am SilverSneakers BOOM MOVE 10:00-10:45 am SilverSneakers Classic 11:00 am-6:00pm Open Gym 3:45-5:45pm Gym Closed for Youth Dance Series (2/9-3/14) 6:00-8:00 pm CoEd Volleyball League (begins 1/12)	8:00-8:30 am Open Gym 8:15-9:00 am TRX 9:15-9:45 am SilverSneakers BOOM MOVE 10:00-10:45 am SilverSneakers Classic 11:00 am-1:00 pm Open Pickleball 1:00-6:00 pm Open Gym 6:00-8:00 pm Pickleball	8:00-8:30 am Open Gym 8:30-9:15 am Cardio Sculpt 9:15-9:45 am SilverSneakers BOOM MOVE 10:00-10:45 am SilverSneakers Classic 11:00 am-6:00 pm Open Gym 6:00-8:00 pm Gym Closed	8:00-9:00 am Open Gym 9:00-11:00 am JAMEE MOVE 11:00 am-8:00 pm Open Gym 6:00-8:00 pm Pickleball	8:00 am-10:00 am Open Gym 10:00-10:45 am SilverSneakers Classic 11:15 am-3:00 pm Open Gym 3:00-6:00 pm Pickup Basketball	9:00 am- 3:00 pm Open Gym 1:00-3:00 pm Pickleball 3:00- 4:00pm OpenGym  9:00-10:30 Gym Closed 2/7-3/14  9:30-10:00am Winter Dance Series (2/7-3/14)
SouthGym  JAMEE  JAM Connect  RockSteady Boxing NEI	8:15-10:15 am JAMEE Gym Time 10:30 am-12:15 pm Rock Steady Boxing NEI 1:30-2:30 pm JAMEE Gym Time 4:00-5:00 pm JAMEE Gym Time 5:15-6:00 pm JAM Connect Gym Time	8:15-10:15 am JAMEE Gym Time 10:30 am-12:15 pm Rock Steady Boxing NEI 1:30-2:30 pm JAMEE Gym Time 4:00-5:00 pm JAMEE Gym Time 5:15-6:00 pm JAM Connect Gym Time 6:00-8:00 pm Pickleball	8:15-10:15 am JAMEE Gym Time 10:30 am-12:00 pm Rock Steady Boxing NEI 1:30-2:30 pm JAMEE Gym Time 4:00-5:00 pm JAMEE Gym Time 5:15-6:00 pm JAM Connect Gym Time 6:00-8:00 pm Gym Closed	8:15-10:15 am JAMEE Gym Time 10:30 am-12:00 pm Rock Steady Boxing NEI 1:30-2:30 pm JAMEE Gym Time 4:00-5:00 pm JAMEE Gym Time 5:15-6:00 pm JAM Connect Gym Time 6:00-7:00 Dancelab Ballroom 7:15-8:00 Open Gym	8:15-10:15 am JAMEE Gym Time 10:30 am-12:00 pm Rock Steady Boxing NEI 1:30-2:30 pm JAMEE Gym Time 4:00-5:00 pm JAMEE Gym Time 5:15-6:00 pm JAM Connect Gym Time 6:00-8:00 pm Open Gym	9:00 am- 4:00 pm Open Gym