

# 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

*Please note: Voting will take place in the gym all day on May 5th.*

## 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. This schedule is subject to change.

## North Gym

### MONDAY

11:00 am-6:00 pm

- Open Gym

### TUESDAY

11:00 am-1:00 pm

- Open Pickleball

1:00-6:00 pm

- Open Gym

6:00-8:00 pm

- Open Pickleball

### WEDNESDAY

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](https://myjamcenter.org/personalized-wellness-consult)