

# Class Descriptions & The Studio Schedule

JAM Center is about wellness, education, and fun! We have a variety of fitness classes in the gymnasium, studio and the pool for all fitness levels and abilities. All wellness classes are absolutely FREE with a JAM Center membership.

## Find Your Fit

- 🔥 Cardio & Endurance: Burn calories, build stamina
- 💪 Strength & Conditioning: Build strength and stability
- 🎵 Dance & Movement: Fun, rhythmic movement
- 🌿 Recovery & Mobility: Improve flexibility and restore
- 💧 Aquatic Fitness: Low-impact, water-based training

## Good to Know (Tags)

- 🌱 Beginner-Friendly - Start here, no experience needed
- ⚡ High Energy - Faster pace, higher intensity
- 🧘 Low Impact - Easy on joints
- 👥 Small Group - Limited spots, more personalized support
- 🎵 Music-Based - Set to rhythm or music
- 🪑 Chair Supported - Seated or chair-assisted options

## Land Fitness Classes

**BodyFIT (45 minutes)** 🌱🧘 - A fun, low-impact workout to build strength, endurance, and balance; focus on core and major muscle groups. Challenging without joint strain.

**Cardio Sculpt (45 minutes)** 🔥💪🎵⚡ - Boost your heart rate, burn calories, and build core strength in this music-driven cardio class.

**TRX (45 minutes)** 🌱👥 - Suspension training using bodyweight to build strength and stability. Limited to 6 participants.

**SpinFIT II (45 minutes)** 🔥⚡👥🎵 - High-energy cycling with music, plus off-bike warm-up/cool-down. A fun, challenging cardio workout for all levels. Limited to 6 participants.

## Aquatic Fitness Classes

**WaterFIT I (45 minutes)** 💧🌱🧘 - Shallow-water class using resistance to build endurance, flexibility, and strength. Improves circulation, posture, and range of motion. No swimming required.

**WaterFIT II (45 minutes)** 💧🔥🎵🧘⚡ - Full-pool workout combining cardio, strength, and mobility. Uses both shallow and deep water. Basic swimming skills preferred.

**Rhythm WaterFIT (45 minutes)** 💧🔥💪🎵🎵🧘⚡ - Music-driven water workout to build endurance, stability, and total-body strength through rhythmic aerobic movement.

## SilverSneakers Classes

**SilverSneakers Classic (45 minutes)** 💪🌿🌱🧘🪑 - Build strength and improve mobility using light weights, bands, and a stability ball. Chair support available for standing or seated options.

**SilverSneakers Yoga (45 minutes)** 🌿🌱🧘🪑 - Seated and standing yoga using a chair for support to improve flexibility, balance, and range of motion.

**SilverSneakers BOOM Move (30 minutes)** 💪🔥⚡🪑 - A fast-paced, 30-minute workout to build strength, flexibility, and endurance. Challenging, fun, and accessible.

A *Note*: Available for open use at additional times. Please ask the Welcome Center for today's schedule.

### The Studio: Regular Group Classes

<u>THURSDAY</u>	8:15-9:00 am • SpinFIT II	9:15-9:45 am • Silver Sneakers BOOM MOVE	10:00-10:45 am • Silver Sneakers Classic
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### The Studio: Series

#### MONDAY

Community Total Tone & Stretch | 6:00-6:45 pm | 7/27-8/17  
Spin Foundations | 4:30-5:15 pm | 8/2-8/23  
Yoga Therapy for Fall Prevention | 1:00-2:00 pm | 7/20-8/24

#### TUESDAY

Functional Strength | 6:00-7:00 pm | 7/7-7/28  
Step & Strength | 6:00-6:45 pm | 8/4-8/25

#### WEDNESDAY

DanceLab: Date Night Dance Club | 6:00-7:00 pm | 7/8-7/29  
Pre/Postnatal Yoga Therapy | 4:00-5:00 pm | 7/15-8/5

#### THURSDAY

Yoga for Daily Living | 6:00-6:45 pm | 7/9-8/27

NOTE: JAM Center is closed 7/4, and will close at 12:30 p.m. on 7/3.

# 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. 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

\*\*\*JAM Center will be hosting a Pickleball Tournament in partnership with the Young Professionals of DeKalb County on Aug. 22<sup>nd</sup> from 9 am to 2 pm. There will be no open pickleball or open gym this day.

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

## 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.