

JAM CENTER GYM SCHEDULE

November 1 - December 31

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-6:00 pm Open Gym 6:00-8:00 pm Fall CoEd Volleyball League (begins 10/6)	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 6:15-7:45 pm YouthDrop In	9:00 am- 3:00 pm Open Gym 1:00-3:00 pm Pickleball 3:00- 4:00pm OpenGym
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 6:00-8:00 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 1pm 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

JAM CENTER STUDIO SCHEDULE

November 1 - December 31

Refer to our session guide for complete class information. This schedule is subject to change.
The Studio is available for member use when the JAM Center is open and it is not in use by the JAM WellnessDepartment.

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

Mon	Tues	Wed	Thurs	Fri	Sat
	<p>4:30-5:30 pm: Pre/Postnatal Yoga Therapy (11/4 - 12/9)</p> <p>4:30-5:15 pm: MoveStrong Foundations of Endurance (11/4 - 11/25)</p>	<p>4:30-5:00 pm: Yogi Kids for ages 3-6 (10/22 - 11/12)</p> <p>6:30-7:30 pm: POP Pilates</p>	<p>8:15-9:00 am: SpinFit II</p> <p>9:15-9:45 am: SilverSneakersBOOM MOVE</p> <p>10:00-10:45 am: SilverSneakers Yoga</p> <p>6:00-7:00 pm: Dancelab: Ballroom 4-Week Series (10/30 - 11/20)</p>	<p>9:30 - 10:00 am: SpinFit I</p> <p>1:30 - 2:15pm: Yoga for Daily Living</p>	