

JAM SESSION GUIDE

September 1 - October 31



Scan the
QR code to
become a
member today!

Facility Hours

Monday-Friday: 6:00 am - 8:00 pm

Saturday: 9:00 am - 4:00 pm

9/7: CLOSED



JAM
CENTER

Empowered • Connected • Community

We meet people where they are and walk with them toward who they're becoming.



Fitness Class Schedule

Monday

8:15-9 a.m.	WaterFIT II
8:15-9 a.m.	BodyFIT
9:15-10 a.m.	WaterFIT I
9:15-9:45 a.m.	SilverSneakers BOOM MOVE
10-10:45 a.m.	SilverSneakers Classic

Tuesday

8:15-9 a.m.	TRX
9:15-9:45 a.m.	SilverSneakers BOOM MOVE
10-10:45 a.m.	SilverSneakers Classic
5:30-6:15 p.m.	Rhythm WaterFIT

Wednesday

8:15-9 a.m.	WaterFIT II
8:15-9 a.m.	Cardio Sculpt
9:15-10 a.m.	WaterFIT I
9:15-9:45 a.m.	SilverSneakers BOOM MOVE
10-10:45 a.m.	SilverSneakers Classic

Thursday

8:15-9 a.m.	SpinFIT II
9:15-9:45 a.m.	SilverSneakers BOOM MOVE
10-10:45 a.m.	SilverSneakers Yoga
5:30-6:15 p.m.	Rhythm WaterFIT

Friday

8:15-9 a.m.	WaterFIT II
9:15-10 a.m.	WaterFIT I
10-10:45 a.m.	Silver Sneakers Classic

Programs listed in **purple** are land fitness classes , those listed in **teal** are aquatics fitness classes, and classes listed in **gray** are SilverSneakers classes.

Interested in personalizing your wellness journey?



Book a free consult today by scanning the QR code or at the link below.
calendly.com/kierra-jam/30min

Premium Series & Workshops for Members Included with your membership!

Check out the Session Happenings pages for more information!

- In The Know! Series
- 4-Week DanceLab Series
- 6-Week Spin2FIT Series
- 4-Week Yoga for Stress Relief Series
- 4-Week Restorative Yoga & Relaxation Series
- 4-Week Step & Strength Series
- 6-Week Total Tone & Stretch Series

We are a SilverSneakers, Prime, Renew Active, One Pass, Wellhub, and ASH Fitness facility!
 Check with your insurance provider - you could get a free membership to the Center!



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



Strength



Cardio



Beginner
Friendly



High
Energy



Low
Impact



Music
Based



Chair
Supported



Aquatics



Small
Group

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. 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

THURSDAY

8:15-9:00 am
• SpinFIT II

9:15-9:45 am

• Silver Sneakers BOOM MOVE

10:00-10:45 am

• Silver Sneakers Yoga

The Studio: Series

MONDAY

Total Tone & Stretch | 6:00-6:45 pm | 9/14-10/19

Restorative Yoga & Relaxation | 10:30-11:15 am | 10/5-10/26

TUESDAY

Functional Band Workout | 6:00-7:00 pm | 9/1-9/22

Step & Strength | 6:00-7:00 pm | 10/6-10/27

WEDNESDAY

Yoga Therapy for Fall Prevention | 9:00-10:00 am | 9/16-10/21

Pre/Postnatal Yoga Therapy | 4:00-5:00 pm | 9/9-9/30

Pre/Postnatal Yoga Therapy | 12:00-1:00 pm | 10/7-10/28

THURSDAY

DanceLab: All Around the World | 6:00-7:00 pm | 9/3-9/24

Yoga for Stress Relief | 6:00-6:45 pm | 10/1-10/22

NOTE: JAM Center is closed 9/7

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.



A Note on the Gymnasium:

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

All Gym

MONDAY-FRIDAY

6:00-8:00 am
• Walk & Talk

North Gym

MONDAY

11:00 am-3:15 pm
4:30 - 8 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- 8:00 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
4:30-6:00 pm
• Pickup Basketball
6:00-8:00 pm
• Open Gym

SATURDAY

10:30am-1:00 pm
• Open Gym
1:00-3:00 pm
• Open Pickleball

South Gym

MONDAY

5:00-8:00 pm
• Open Gym

TUESDAY

5:00-8:00 pm
• Open Gym

WEDNESDAY

5:00-8:00 pm
• Open Gym

THURSDAY

5:00-8:00 pm
• Open Gym

FRIDAY

5:00-8:00 pm
• Open Gym

SATURDAY

9:00 am-4:00 pm
• Open Gym

Classes, Specialty Programming, and Events
The gymnasium will be closed during the following times for scheduled programming.

NORTH SIDE

MONDAY

Fitness Classes | 8:00-11:00 am
Fall Co-Ed Volleyball | 6:00-8:00 pm | Mondays | 10/5-12/21

TUESDAY & WEDNESDAY

Fitness Classes | 8:00-11:00 am

FRIDAY

Fitness Classes | 10:00-11:00 am

SATURDAY

Preschool MOVE Series | 9:30-10 am | Saturdays | 9/5-9/26
Soccer Series | 9-10:20 am | Saturdays | 10/5-10/31
Pickleall Tournament 11:00 - 2:00 pm - Saturday - 10/10/26

ALL GYM

Closed on 10/24 for Voting
Closed on 9/11 from 1:00-10:00 pm for 5B's

See the full session guide for more details on regular classes and details for specialty programming

Open Recreation Descriptions



Open Pickleball

The fastest-growing sport in America that combines ping-pong and tennis. Great for all ages! We provide balls and paddles. Free for Members or \$5 for Nonmembers.



Walk and Talk

Enjoy our lined track in the climate-controlled gym. Free and available for everyone.



Pickup Basketball

All ages are welcome to join a group and play anything from HORSE to half-court games or simply shoot hoops. Free for Members or \$3 for Nonmembers.



Open Gym

Enjoy unstructured gym time for basketball, games, fitness, or free play. Open to members during designated hours unless otherwise scheduled.



Open Volley

Enjoy unstructured time designated for open volleyball use

Session Happenings

Wellness and Recreation

In The Know!

the inside scoop from experts

The Aging Athlete: Staying Strong,
Active & Injury-Free with



September 2nd, 2026
11:15a-12:00p

JAM Center Family Room

In the Know! is free and open to the public.

DANCELAB: DANCE ALL AROUND THE WORLD



4-Week Series
September 3rd - 24th

FREE for members
\$30 for nonmembers



6-Week Spin2FIT Series



Sept. 21st - Oct. 26th
Mondays | 4:30 PM-5:15 PM

Open to Everyone



YOGA FOR STRESS RELIEF

OCTOBER 1ST - 22ND
6:00 - 6:45 P.M.

Members: FREE
Nonmembers: \$60



4 WEEK
RESTORATIVE YOGA
& RELAXATION
With Amy Davis
200-Hour Certified Yoga Teacher

OCTOBER 5TH - 26TH
MONDAYS | 10:30 - 11:15 A.M.

Members: \$0
Nonmembers: \$30



STEP & STRENGTH

OCTOBER 6TH - 27TH

TUESDAYS FROM 6:00 PM - 6:45 PM

Members: \$0
Nonmembers: \$30



4-WEEK
PRE/POSTNATAL
YOGA THERAPY
OCTOBER 7-28
WEDNESDAYS
12:00 - 1:00 P.M.



MEMBER: \$80.00
GUEST: \$100.00
FREE with code MAMA2026 at checkout



In The Know!

the inside scoop from experts

The MIND Diet &
Senior Living 101

Lunch & Learn with

STORYPOINT GROUP

October 7, 2026
11:30a-1:00p

JAM Center Family Room

In the Know! is free and open to the public.

FALL ROUND ROBIN PICKLEBALL TOURNAMENT



OCTOBER 10th, 2026
11:00 a.m. - 2:00 p.m.

\$30 PER PERSON



EXPLORING ESSENCES: DISCOVER THE POWER OF VETIVER OIL

OCTOBER 21st
4:45-5:15PM

Members: \$18
Nonmembers \$30



Fall 2026

CO-ED VOLLEYBALL



\$285 PER TEAM

GAMES BEGIN October 5th
MONDAYS | 6-8PM
October - December



COMMUNITY TOTAL TONE & STRETCH

FREE 4-WEEK SERIES

SEPTEMBER 14TH - OCTOBER 19TH
MONDAYS
6:00-6:45 P.M.

**FREE to the
community**



Session Happenings

Fun & Family



Kick off the school year at the Back to School Bonfire on Thursday, September 17th, from 6:00 to 8:00 pm at JAM Center. Bring the whole family for an evening of connection, outdoor games, and a relaxing bonfire on the patio, weather permitting. It's a great opportunity to meet other JAM families, enjoy time together before the busy school season, and make lasting memories in a fun, welcoming atmosphere.

Support JAM Youth at Constellation Café on Friday, September 25th, from 4:45 to 7:45 p.m. Browse student-made artwork, 3D-printed creations, personalized items, and more, all available at various donation levels. Enjoy free activities, prizes, and a fun evening with the community while every purchase helps support JAM Connect.



Put on your favorite costume and join us for Family Costume Karaoke on Friday, October 16th, from 5:00 to 7:45 p.m. at JAM Center. Enjoy a spooky evening filled with music, food, laughter, and family-friendly fun as friends and families take the stage for a night of karaoke. Costumes are encouraged, so come ready to sing, celebrate, and make lasting memories together.

Session Spotlights



Join us for free family fun at the ACD Festival Kids' Zone on Saturday, September 5th, from 9:00 a.m. to 2:00 p.m. on 6th Street between Jackson Street and Main Street in downtown Auburn. Enjoy face painting, balloon art, games, giveaways, and more throughout the day. Admission is free, and children must be accompanied by an adult.



In the Know!
Compassion Fatigue and Stress Management
Workshop with Bowen Health
Tuesday | October 13
11:15 am - 12:45 pm

Youth Programs



JAM
CONNECT

JAM Youth Programs are open to students in grades 6 through 12, JAM Connect provides a safe and structured environment focused on building life skills and fostering a sense of belonging in a community setting.



Celebrate Halloween at JAM Center's Halloween Bash on Friday, October 30th, from 6:00 to 9:00 p.m. Enjoy costume dodgeball, games, food, prizes, and plenty of festive fun with friends. This annual youth event is free and packed with activities for an unforgettable Halloween celebration!



Give your preschooler a fun introduction to movement with MOVE, a 4-week series designed to build confidence, coordination, and a love for being active. Classes meet Saturdays, September 5th, 12th, 19th, and 26th, from 9:30 to 10:00 am on the North Side of the Gym. Through games, obstacle courses, sports, tumbling, and creative movement, children will build balance, strength, coordination, and motor skills. Registration is \$25 for members and \$43 for non-members.

Introduce your child to the game of soccer in this 4-week Saturday morning series designed to build confidence, teamwork, and fundamental soccer skills in a fun, encouraging environment. Preschool (ages 3-5) meets 9:00-9:30 am, and Upper Elementary meets 9:35-10:20 am on Saturdays in October on the North Side of the Gym. Registration is \$25 for members and \$43 for nonmembers.

JAM Future Strikers: Preschool & Upper Elementary

October 3rd - 24th | Saturdays
9:00 - 9:30 A.M. (Preschool)
9:35 - 10:20 A.M. (Upper Elementary)

Learn to kick, dribble, run, and play!

JAM Swim School

JAM Swim School is more than swim lessons - we're swim education. Our unique human development approach helps swimmers of every age build confidence, independence, resilience, and lifelong water safety. With small class sizes and personalized instruction, every swimmer is supported to learn at their own pace from first splashes to advanced stroke development.



JAM
SWIM SCHOOL

CHOOSE YOUR ENROLLMENT

Just Keep Swimming!

JAM Member Exclusive

- Enrollment Auto-Renews
- Consistent Growth
- Only \$20/mo

Month-to-Month Classes

Available for everyone

- Flexible Scheduling
- \$25/mo for Members
- \$43/mo for Nonmembers



Scan the code to
learn more about
JAM Swim School.

Session Happenings

Senior Programming

- September 2nd, 1:00-3:00 pm - Craft Club
- September 8th 11:15 am-12:15 pm - Bingo hosted by Miller's Merry Manor
- September 16th, 1:00-3:00 pm - Craft Club
- October 7th, 1:00-3:00 pm - Craft Club
- October 13th, 11:15 am-12:15 pm - Bingo hosted by Miller's Merry Manor
- October 21st, 1:00-3:00 pm - Craft Club



SilverSneakers

SilverSneakers classes support active aging through safe, engaging movement focused on strength, balance, flexibility, mobility, and overall wellness. These classes are led by instructors with specialized SilverSneakers training to safely support older adults and varying ability levels while creating an encouraging, inclusive environment.

Available for ALL members.

Rock Steady Boxing NEI

Rock Steady Boxing Northeast Indiana is a non-contact, boxing-based fitness program designed specifically for individuals with Parkinson's disease. This evidence-based program aims to improve quality of life by enhancing balance, strength, agility, and overall fitness. Rock Steady meets at JAM every day 10:30 am-12:00 pm. To register or get Involved, fill out an Inquiry form on our website!



Visit our website at myjamcenter.org/events/rock-steady-boxing, or scan the QR code to the left for more information about Rock Steady Boxing.

Special Events

JAM Center hosts special events throughout the year to support our non-profit mission. Join us for fun while making a difference!

5 B's BINGO

BRING A FRIEND
HAVE A BLAST
WIN BIG
BENEFIT SO MANY
CREATE A BETTER TOMORROW

Saturday, Sept. 12th
Doors open at 5:30 p.m.
Bingo begins at 6:30 p.m.

General Admission
Tickets: \$45

Includes dinner, a bourbon tasting, a take-home gift, nine games of Bingo with reserved seating.



License Number 003223

DINE TO DONATE



Wednesday, Oct. 14th
From 7:00 a.m. to 10:00 p.m.
104 N. Peters St., Garrett

Make dinner count at our Dine to Donate event with LaLos Restaurante Mexicano. Simply dine at LaLos and 15% of your purchase will be donated back to JAM Center to help support our nonprofit mission. It's an easy and delicious way to give back to your community while enjoying your favorite Mexican dishes.

JAM CENTER PURSE PALOOZA BINGO

Sunday, Nov. 1st
Doors open at 1:00 p.m.
Bingo begins at 2:00 p.m.

Presale tickets are \$35
Includes 16 bingo games and reserved seating.
Guests must be 18 or older to play.



Join us for one of JAM Center's favorite annual fundraisers! Looking for an elevated experience? VIP tables for 8, 10, or 12 guests include premier seating, two complimentary bottles of wine, and a goodie bag.

Enjoy exciting raffles, pull tabs, a beer and wine bar, great food, and plenty of fun, all while supporting JAM Center's nonprofit mission.

License Number 003223

Visit our website at myjamcenter.org/events/fundraising-events, or scan the QR code to the left for more information about these events.

JAM CENTER POOL SCHEDULE

September

Key			
<i>*The pool schedule is subject to change based on programming needs, special events, and other occurrences. POOL CLOSED – The pool is closed Monday – Friday from 1:00-3:30 pm Hydro Workout; Open Exercise/Lap Swim– Quiet swim or spa time with no access to the slide or the splash pad (excluding special events). Lap Swim– Quiet swim or spa time with lanes available for use and the remaining area available for open exercise; no access to the slide or the splash pad. Open Swim – Open swim or hot tub time with access to the slide or the splash pad. WaterFIT I; WaterFIT II; Rhythm WaterFIT; Swim Lessons; – The pool and spa are closed for the classes scheduled at this time. No extra guard on duty. **Thunder & Lightning Policy – the pool MUST be closed for 30 minutes after each occurrence of thunder or lightning.</i>			
Daily Programming & Open Swim Times			
MONDAY	TUESDAY	WEDNESDAY	THURSDAY
6:00-8:00 am – Open Exercise/Lap Swim 8:15-9:00 am – WaterFIT II 9:15-10:00 am – WaterFIT I 10:00 am -1:00 pm - Open Swim 1:00-3:30 pm – Pool Closed 3:30-7:30 pm – Open Swim	6:00 am-11:15 am – Closed - Swim School 11:15-1:00 pm – Open Swim 1:00-3:30 pm – Pool Closed 3:30-5:30 pm – Open Swim 5:30-6:15 pm – Rhythm WaterFIT 6:15-7:30 pm – Open Swim	6:00-8:00 am – Open Exercise/Lap Swim 8:15-9:00 am – WaterFIT II 9:15-10:00 am – WaterFIT I 10:00 am-1:00 pm – Open Swim 1:00-3:30 pm – Pool Closed 3:30-5:00 pm – Hydro Workout 3:30-4:00 pm -- Open Swim 4:35-5:05 pm – Swim Tandem Class 5:10-5:40 pm – SwimFoundations Class 5:45-6:30 pm – SwimMechanics Class 6:35-7:20 pm – SwimPad Class 6:30-7:30 pm – Open Swim	6:00 am-9:00 am POOL CLOSED 9:00 am-11:00 am – Open Exercise 11:00 am – 3:30 pm – POOL CLOSED 3:30-5:30 pm – Open Swim 5:30-6:15 pm – Rhythm WaterFIT 6:15-7:30 pm – Open Swim
FRIDAY	SATURDAY	SUNDAY	
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***JAM Center pool is closed to the public from 6–8 PM on the second Monday of the month (September 14 and October 12th) for lifeguard in-service training.**

JAM CENTER POOL SCHEDULE

October

Key			
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JAM STORIES

CARL PURDY JAM MEMBER

"Good facilities, friendly staff, lots of programming and always looking for creative ways to enhance what is offered and tailor it to needs in the community."

AMY DAVIS YOGA INSTRUCTOR

I love working at JAM because I'm surrounded by people who genuinely care and put their whole heart into this community.

Every day, someone walks into JAM Center hoping to feel better. What they often discover is something even greater... a community that sees them, supports them, and helps them believe in what's possible. Our Wellness Department is about more than fitness. We help people build confidence, connection, resilience, and lifelong well-being. At JAM, wellness isn't just about healthier bodies - it's about healthier humans.

MEMBERSHIP BENEFITS

- Unlimited access to JAM Center amenities
- Full-court gymnasium access
- Pool access with lap swim, exercise swim, open swim, splash pad, and slide
- Daily group fitness classes included with membership
- 20-40% discounts on programs and facility rentals
- JAM PlayCare offered for specific programs

Scan the QR code for more information about a JAM Center membership.

