

JAM CENTER GYM SCHEDULE

September 1-October 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.

	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	
North Gym 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 Pickup Basketball	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 Youth Drop In	9:00 am- 3:00 pm Open Gym 1:00-3:00 pm Pickleball 3:00- 4:00 pm Open Gym
South Gym JAMEE JAM Connect Rock Steady Boxing	6:00-8:00 am Walk & Talk 8:15-10:15 am JAMEE Gym Time 10:30 am-12:00 pm Rock Steady Boxing 1:30-2:30 pm Infant Gym Time 4:00-5:00 pm JAMEE Gym Time 5:15-6:00 pm JAM Connect Gym Time	6:00-8:00 am Walk & Talk 8:15-10:15 am JAMEE Gym Time 10:30 am-12:00 pm Rock Steady Boxing 1:30-2:30 pm Infant 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	6:00-8:00 am Walk & Talk 8:15-10:15 am JAMEE Gym Time 10:45 am-12:15 pm Rock Steady Boxing 1:30-2:30 pm Infant Gym Time 4:00-5:00 pm JAMEE Gym Time 5:15-6:00 pm JAM Connect Gym Time 6:00-8:00 pm Pickup Basketball	6:00-8:00 am Walk & Talk 8:15-10:15 am JAMEE Gym Time 10:45 am-12:15 pm Rock Steady Boxing 1:30-2:30 pm Infant 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	6:00-8:00 am Walk & Talk 8:15-10:15 am JAMEE Gym Time 10:45 am-12:15 pm Rock Steady Boxing 1:30-2:30 pm Infant 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

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 Wellness Department.

September 1-October 31

Mon	Tues	Wed	Thurs	Fri	Sat
<p>10:30-11:15 am: Chair Yoga for Healthy Joints & Bones</p> <p>4:30-5:15 pm: Spin2Fit Series</p> <p>7:00-8:00 pm: Circuit Training</p>	<p>5:30-6:30 pm: Pre/Postnatal Yoga Series (begins 9/9)</p>	<p>10:00-11:00 am: Yoga Therapy for Fall Prevention (ends 9/17)</p> <p>3:45-4:30 pm: MOVEstrong: 4-Week Series (begins 10/8)</p> <p>4:30-5:00 pm: Yogi Kids (9/10-10/1)</p> <p>6:30-7:30 pm: POP Pilates</p>	<p>8:15-9:00 am: SpinFIT II</p> <p>9:30-10:00 am: SilverSneakers BOOM MOVE</p> <p>10:15-11:00 am: SilverSneakers Yoga</p> <p>3:45-4:45 pm: Circuit Training</p> <p>5:00-6:00 pm: Dancelab: Ballroom 4-Week Series (9/4-9/25)</p>	<p>9:15-9:45 am: SpinFIT I</p> <p>12:45-2:00 pm: Yoga for Daily Living - FREE 4 Week Series (begins 9/12)</p>	