

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.

January 1-February 28

****JAM Center is closed on the following days: 12/31 New Year's Eve & 1/1/2025 New Year's Day***

Mon	Tues	Wed	Thurs	Fri	Sat
<p>4:30-5:15 pm: SpinFIT II</p> <p>6:00-7:00 pm: Circuit Training</p>	<p>5:30-6:30 pm: Pre/Postnatal Yoga Series (begins 1/14)</p>	<p>3:45-4:30 pm: Strong & Serene Yoga</p> <p>6:30-7:30 pm: POP Pilates</p>	<p>8:30-9:15 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 Circuit Training</p>	<p>9:30-10:00 am: SpinFIT I</p>	

Featured Programming

