JAM SESSION GUIDE

November 1- December 31



Black Friday

ONE DAY ONLY! New members can get 2 months FREE with the purchase of 10 months + enrollment fee.

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
Closed: 11/26, 12/24, 12/25
Holiday Adjusted Hours: 11/27 8am to 4pm

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!

- Strength & Movement Series: Healthy Body *(Offered in November & December)*
- DanceLab: a 6-Week Series
- Spin2Fit: a 4-Week Series
- Total Tone & Stretch: a 6-Week Series
- In The Know! - coming January!

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!

SilverSneakers by Tivity Health · One Pass™ · RenewActive by UnitedHealthcare · wellhub · American Specialty Health /// FITNESS · prime™

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.

The Studio Schedule

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 | 11/09-12/14

TUESDAY
Healthy Body | 6:00-7:00 pm | 11/03-11/24
Healthy Body | 11:00 am - Noon | 12/07-12/28

WEDNESDAY
Pre/Postnatal Yoga Series | 4:00-5:00 pm | 11/04-11/25
Yoga Therapy for Fall Prevention | 9:00-10:00 am |11/11-12/2

FRIDAY
DanceLab| 6:00-6:45 pm | 11/06-12/4 (no class on 11/27)

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 & Walk

11/2, 11/3, 11/4
Walk & Walk cancelled

North Gym

MONDAY
11:00 am-3:15 pm
- Open Gym

4:30 - 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

1:00-5:00 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
9:00 am to 1:00 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

5:00-8:00 pm
- Open Gym

TUESDAY
6:00-8:00 pm
- Open Gym

WEDNESDAY
1:00-4:00 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
9:30 am-12:30 pm
- Open Volleyball

1:00-4:00 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

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









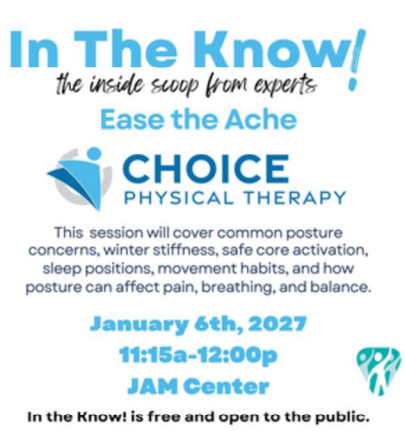














Scan the QR code to view programs and get registered to participate!

Youth Programs





Fun & Family



Support JAM Youth at Constellation Café on Friday, November 13th, 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.



Bring the whole family for an evening of fun, laughter, and community connection at the JAM Center! Enjoy free food, exciting games, and activities that bring families together while exploring helpful fitness and nutrition information to support a healthy lifestyle. It's a great opportunity to spend quality time with loved ones, meet new friends, and connect with your community.



Mom & Me: A Beginner Valentine's Art Workshop

Create, connect, and make something special together! Moms and their sons or daughters of any age are invited to enjoy a fun, beginner-friendly art experience designed for all skill levels. No art experience needed—just bring your creativity and someone you love! Keep your eyes open for more details coming soon.



PRIVATE FOOTBALL SESSIONS

Take your game to the next level with Private Football Training at the JAM Center!

Whether you're new to the sport or looking to sharpen your skills for the upcoming season, these one-on-one training sessions provide personalized coaching tailored to your individual goals. Athletes will receive focused instruction on fundamentals, position-specific techniques, footwork, speed, agility, game awareness, and confidence on the field.

Led by JAM Center football coach Ruben Holcomb, these sessions draw on professional-level and NFL experience to help athletes build proper technique, confidence, and skills in a positive environment. Contact our Recreation and Wellness Coordinator for appointment setup.

Email: rbingham@jamrecreation.org
Phone: 260 355-9340

NOV. 2nd, 9th, 16th, 30th
DEC. 7th, 14th
MONDAYS 6:00 to 6:45 PM
6:50 to 7:30 PM

NOV. 4th, 11th, 18th
DEC. 2nd, 9th, 16th
WEDNESDAYS 6:00 to 6:45 PM
6:50 to 7:30 PM

Members: $80 | Nonmembers: $100

JAM Swim School

NEW JAM SWIM SCHOOL SPECIAL SERIES

BABY'S FIRST SPLASH
Baby Water Comfort
Ages 0-2 + Parent/Guardian

A playful introduction to the water designed to build comfort, confidence, curiosity, and early water-safety skills. Parents will learn techniques to continue practicing at home during bath time and everyday play.

7 sessions | Tuesdays & Thursdays | 4:50-5:20 PM
December 1-22

FREE OPEN SWIM FOR THE MONTH INCLUDED
Member: $25 | Guest: $43

BRIDGE INTO FOUNDATIONS
Water Comfort & Confidence | Ages 3-12

Designed for children who are nervous around water or not yet comfortable putting their face in, going underwater, or trying new skills. Builds water comfort, breath control, confidence, and safety skills to help prepare swimmers for SwimFoundations.

7 sessions | Tuesdays & Thursdays | 4:50-5:20 PM
November 3-24 | No class Thanksgiving Day

FREE OPEN SWIM FOR THE MONTH INCLUDED
Member: $25 | Guest: $43

JAM Swim School

Scan the code to learn more about JAM Swim School.

Session Happenings

Senior Programming

- November 4th, 1:00-3:00 pm - Craft Club
- November 10th 11:15 am-12:15 pm - Bingo hosted by Miller's Merry Manor
- November 18th, 1:00-3:00 pm - Craft Club
- December 2nd, 1:00-3:00 pm - Craft Club
- December 8th, 11:15 am-12:15 pm - Bingo hosted by Miller's Merry Manor
- December 16th, 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 an 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!

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.

Scan the QR Code to get tickets!

License Number 003223 Reference Number 165641

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.

Coterie Pizza
Dine to Donate for JAM Center

Monday, December 7, 11 am – 9 pm



Dine-in and Carry-out
1850 S. Randolph St., Garrett
To order call 260-226-6606

Coterie Pizza will be donating 15% of the entire day's food proceeds to support JAM Center's nonprofit mission.

JAM CENTER

Culver's

Dine to Donate for JAM Center

Tuesday, Nov. 17th

121 Touring Dr, Auburn, IN 46706

Culver's Auburn location will be donating a percentage of the day's sales to support JAM Center's nonprofit mission.

JAM CONNECT

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

Special Events

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

GIVING TUESDAY

DECEMBER 1, 2026
GOAL: $4,500
Match
$1 = $3 up to $1,500
$1 = $2 over $1,500

ALL FUNDS WILL SUPPORT OUR

JAM FOR GENERATIONS CAMPAIGN

GIVE ONLINE!

A LEGACY LIT WITH PURPOSE. A FUTURE FUELED BY YOU.

NOVEMBER 6TH
5PM TO 8PM

JAM CENTER
GARRETT , IN

$35
MINIMUM DONATION

SIGN UP HERE!
ALL PROCEEDS GO TO BENEFIT THE MISSION OF LOVING BENJAMIN



Photos FOR A CAUSE

Loving Benjamin's Holiday Fundraiser



Family Photos



Cookies & Hot Cocoa



Christmas Craft

LOCATION SPONSORED BY JAM CENTER

THREE PROFESSIONAL PHOTOGRAPHERS

Michelle Glenn PHOTOGRAPHY AND BIRTH SERVICES | 3:23 PHOTOGRAPHY AND BIRTH SERVICES | ELN PHOTOGRAPHY

Special Events

JAM CENTER 50/50

JUMP INTO THE WINNINGS

January 1 - 29, 2027

Drawing January 29 at 5:30PM

Goal $10,000

You Win $5,000

Tickets

10/$100

3/$50

1/$20

Tickets sold at the Welcome Center.
All purchases must be cash or check only.
Must be 18 to participate.

License Number
003223

Winner does not need to be present.

You're Invited

TO JAM CENTER'S 2027

WINTER AUCTION

January 27 - January 29

MAKE AN IMPRESSION

There's something fun about fresh snow. Jump in, make a snow angel, leave a trail of footprints, and make your impression!

That's the spirit of the 2027 JAM Winter Auction. From the comfort of your home, you can jump into the fun, bid on amazing items and experiences, and help make an impression that reaches far.

Every bid helps JAM Center create opportunities for wellness, education, fun, and connection for people of all ages. So jump in, place your bids, and make your impression. Together, we can make an impact that lasts long after the snow melts.

Register Today! Text JUMPIN to 99192



NOV.27TH ONLY!!
NEW MEMBERS GET 2 FREE WITH THE PURCHASE OF 10 MONTHS + ENROLLMENT FEE



VOTE AT JAM CENTER

Cast your vote at JAM Center.
We are proud to be an official voting location for both early voting and on Election Day.
10/24 - Early Voting from 8 am to 3 pm
11/3 - Election Day from 6 am to 6 pm



JAM Center Schedule Updates

November 2026

- November 7: FREE Community Open Swim | Noon-3:30 PM
- November 9: Pool closes early at 6:00 PM for Lifeguard In-Service
- November 26 - Thanksgiving Day: CLOSED
- November 27 - Black Friday: Open 8:00 AM-4:00 PM



December 2026

- December 5: FREE Community Open Swim | Noon-3:30 PM
- December 14: Pool closes early at 6:00 PM for Lifeguard In-Service
- December 21-January 1: No Water or Land Fitness classes; Open Swim available during regularly scheduled Water Fitness class times
- December 21-January 2: No fitness classes — land or aquatics
- December 24 - Christmas Eve: CLOSED
- December 25 - Christmas Day: CLOSED
- December 31 - New Year's Eve: CLOSED

January 1 - New Year's Day: CLOSED

Pool Schedule

November 1st - December 20th

MONDAY

- **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**

WEDNESDAY

- **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**
- **3:30-4:30 pm - Open Swim**
- 4:35-5:05 pm - SwimTandem Class
- 5:10-5:40 pm - SwimFoundations Class
- 5:45-6:30 pm - SwimMechanics Class
- 6:35-7:20 pm - SwimPod Class
- **6:30-7:30 pm - Open Swim**

FRIDAY

- **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**

TUESDAY

- **6:00-9:00 am - Open Exercise/Lap Swim**
- 9:00-11:15 am - Closed for Swim School
- **11:15 am-1:00 pm - Open Swim**
- 1:00-3:30 pm - POOL CLOSED
- **3:30-4:50 pm - Open Swim**
- 4:50-5:20 pm - Swim Series
- 5:30-6:15 pm - Rhythm WaterFIT
- **6:15-7:30 pm - Open Swim**

THURSDAY

- **6:00-10:00 am - Lap Swim**
- **10:00 am-1:00 pm - Open Swim**
- 1:00-3:30 pm - POOL CLOSED
- **3:30-4:50 pm - Open Swim**
- 4:50-5:20 pm - Swim Series
- 5:30-6:15 pm - Rhythm WaterFIT
- **6:15-7:30 pm - Open Swim**

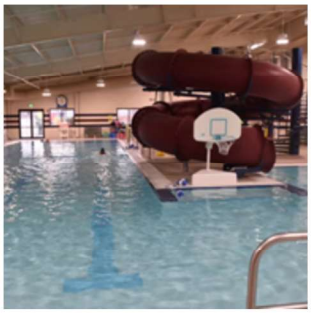
SATURDAY

- **9:00-10:00 am - Open Exercise/Lap Swim**
- 10:00-10:30 am - SwimTandem Class
- 10:35-11:05 am - SwimFoundations Class
- 11:10-11:55 am - SwimMechanics Class
- **12:00-3:30 pm - Open Swim**

- **Sundays:** The JAM Center is closed.
- **Early Pool Closures (Lifeguard In-Service):** Pool closes at 6 pm on 11/9 and 12/14.
- **FREE Community Open Swim Dates:** 11/7 and 12/5 from Noon-3:30 pm.
- **Black Friday 11/27:** Open 8 am-3:30 pm.









- **Pool Closed** - Pool unavailable (includes Mon-Fri 1:00-3:30 PM)
- **WaterFIT / Swim Classes** - Pool and spa closed during class times
- **Open Exercise / Lap Swim** - Quiet swim or spa use; lanes available. Slide and splash pad closed.
- **Lap Swim** - Lanes available for lap swimming; remaining space open exercise. Slide and splash pad closed.
- **Open Swim** - Recreational swim or spa use; slide and splash pad open.
- **Weather Policy** - Pool closes for 30 minutes after thunder or lightning.

Pool Schedule

December 21st - January 2nd

MONDAY

- **6:00-8:00 am - Open Exercise/Lap Swim**
- **8:00 am-1:00 pm - Open Swim**
- 1:00-3:30 pm - POOL CLOSED
- **3:30-7:30 pm - Open Swim**

WEDNESDAY

- **6:00-8:00 am - Open Exercise/Lap Swim**
- **8:00 am-1:00 pm - Open Swim**
- 1:00-3:30 pm - POOL CLOSED
- 3:30-5:00 pm - Hydro Workout
- **3:30-4:30 pm - Open Swim**
- 4:35-5:05 pm - SwimTandem Class
- 5:10-5:40 pm - SwimFoundations Class
- 5:45-6:30 pm - SwimMechanics Class
- 6:35-7:20 pm - SwimPod Class
- **6:30-7:30 pm - Open Swim**

FRIDAY

- **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**
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TUESDAY

- **6:00-9:00 am - Open Exercise/Lap Swim**
- 9:00-11:15 am - Closed for Swim School
- **11:15 am-1:00 pm - Open Swim**
- 1:00-3:30 pm - POOL CLOSED
- **3:30-7:30 pm - Open Swim**

THURSDAY

- **6:00-10:00 am - Open Exercise / Lap Swim**
- **10:00 am-1:00 pm - Open Swim**
- 1:00-3:30 pm - POOL CLOSED
- **3:30-7:30 pm - Open Swim**

SATURDAY

- **9:00-10:00 am - Open Exercise/Lap Swim**
- 10:00-10:30 am - SwimTandem Class
- 10:35-11:05 am - SwimFoundations Class
  11:10-11:55 am - SwimMechanics Class
- **12:00-3:30 pm - Open Swim**

- **Sundays**: The JAM Center is closed.
- **12/21 through 1/1**: No water fitness class; open swim during the regular class time.






- **Pool Closed - Pool unavailable (includes Mon-Fri 1:00-3:30 PM)**
- **WaterFIT / Swim Classes - Pool and spa closed during class times**
- **Open Exercise / Lap Swim - Quiet swim or spa use; lanes available. Slide and splash pad closed.**
- **Lap Swim - Lanes available for lap swimming; remaining space open exercise. Slide and splash pad closed.**
- **Open Swim - Recreational swim or spa use; slide and splash pad open.**
- **Weather Policy - Pool closes for 30 minutes after thunder or lightning.**

JAM STORIES

JONATHAN ROYAL
JAM MEMBER

The JAM Center truly lives up to its name: Wellness, Education, and Fun!

I've used the JAM Center for workouts, swimming, and a few of the classes and every visit has been a great experience. The facility is always clean and well organized, the equipment is in great shape, and the pool is spotless and inviting.

What really sets JAM apart is the people. The staff are friendly, encouraging, and go out of their way to make everyone feel welcome—whether you're brand new or a regular. It's easy to feel part of the community here.

I've personally noticed how much more motivated I am to stay active since joining. The atmosphere is positive, family-friendly, and full of energy. It's not just a gym — it's a place where you can connect, grow, and feel good about showing up. If you're looking for a clean, safe, and genuinely uplifting place to exercise or bring the family, the JAM Center is absolutely worth it. They really care about their members and the community.

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.

GIVING TUESDAY

DECEMBER 1, 2026

GOAL: $4,500

Match

$1 = $3 up to $1,500

$1 = $2 over $1,500

ALL FUNDS WILL SUPPORT OUR

JAM

FOR GENERATIONS

CAMPAIGN

GIVE ONLINE!

A LEGACY LIT WITH PURPOSE. A FUTURE FUELED BY YOU.