



FITNESS CENTER

JCC Committed Club February 4-March 2, 2024



Here at the J we truly believe that consistency and commitment are key to reaching your fitness goals.

YOUR COMMITMENT

The more 30+ minute workouts you do in our Fitness Center each week the more prizes you'll earn!
So, make your commitment and let's get started!

REGISTRATION IS SIMPLE

- Add your name to the Committed Club tracking board in our Fitness Centers
- Check off the boxes next to your name for each day you work out in the Fitness Center for 30+ minutes.

EARN THESE PRIZES!

1x/week for all 4 weeks = free guest pass
2x/week for all 4 weeks = free guest pass & select an item from JCC Swag Box
3x/week for all 4 = free guest pass & A Cooling Towel from LifeBridge Health

Questions? Ask our fitness floor staff for assistance.