

# MEMBER APPRECIATION WEEK

SO GLAD YOU ARE PART OF THE JCC FAMILY IN 2024!

**APRIL 7-13, 2024**  
AVAILABLE IN BOTH BUILDINGS

## Chair massages by Traci

in both buildings

Tues, April 9 OM 9:00am-12:00pm

Wed, April 10 OM 1:00-4:00pm

Thur, April 11 PH 1:00-4:00pm

Fri, April 12 PH 9:00am-12:00pm

\*Reserve your spot at the  
welcome desk



## Free Guest Sunday-April 7

Stop by the Membership  
table at the Community Block  
Party to pick up our  
Bring-a-Guest punch card.  
Valid April 7-13.  
One guest per day.



## Pop Up Monday

30 Minute Loop Band  
Work Out with  
Free Take Home  
Resistance Bands  
8:45am - Owings Mills  
10:45am - Park Heights

## Enter our Raffle for Great Prizes!

Scan your membership card  
each day to win a \$20 Amazon  
gift card - pulled daily. You'll  
also be entered to win our  
grand prize basket of goodies.  
One winner per building, per  
prize.

amazon.com  
Gift Card

## Daily Coffee

Coffee served Monday  
through Friday in both  
lobbies  
8:00am-Noon



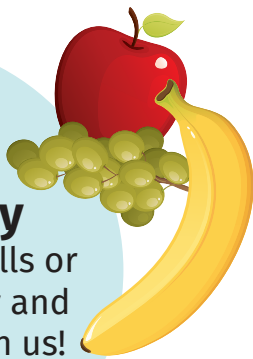
## Healthy Wednesday

Pick up a healthy snack  
from our partners at  
LifeBridge Health.

 LIFEBRIDGE HEALTH.  
CARE BRAVELY

## Fruity Friday

Visit our Owings Mills or  
Park Heights lobby and  
enjoy fresh fruit on us!



## Hydrate & Replenish

Grab a Nutritious  
Beverage post workout!  
Tuesday, April 9 (PH)  
Thursday, April 11 (OM)

