

MEMBER APPRECIATION N WEEK

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

DECEMBER 1-7, 2024
AVAILABLE IN BOTH BUILDINGS



10 Min. Chair Massages by Traci

in both buildings

Monday OM 10:00am-1:00pm

Tuesday OM 1:00-4:00pm

Wednesday PH 10:00am-1:00pm

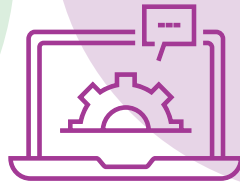
Thursday PH 1:00-4:00pm

*Reserve your spot at the
welcome desk

Tech Q&A

Monday at 3:00pm in OM

Get the support you need for
your devices and become more
tech savvy. Melanie Waxman is
here to help!



Pop Up Group Fitness Classes

Barre to Bar

Monday | OM | 6:05pm

Tuesday | PH | 7:00pm

Wednesday | OM | 6:35pm

Cardio Barre to Coffee Bar

Wednesday | OM | 12:00pm

SoulBody LIIT

Thursday | PH | 7:00pm



Win FREE Swag & More!

Scan your membership card
each day to win new JCC Swag
attire - pulled daily. Plus one
member in each building will
win a grand prize winter gift
basket.

Bring 2 Guests for FREE!

Thru March 3, 2025

We've added two guest
passes to each membership
account.

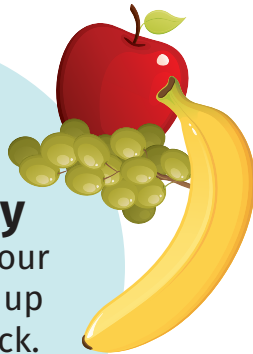
Grab & Go

Tuesday & Thursday
Coffee + Lite Breakfasts

7:00am-11:00am

Sports Drinks + Snacks

5:00-8:00pm



Fruity Friday

Visit the table in our
lobbies and pick up
a fresh fruit snack.

Healthy Thursday

Pick up a healthy snack
from our partners at
LifeBridge Health. Learn about
Jumpstart to Wellness and other
wellness programs

PH - Morning

OM - Afternoon



DETAILS AT

jcc.org/memberappreciation