



Spring INTO FITNESS

Strength + Cardio Challenge April 1 – April 30, 2025

Benefits of Strength + Cardio

- Supports fat loss
- Increases stamina
- Reduces the risk of chronic diseases
- Improves mood
- Enhances overall physical performance
- Promotes long-term health

HERE'S YOUR CHALLENGE:

- Complete a minimum of 16 strength workouts (min 45 minutes each) – one per day
- Complete a minimum of 10 cardio workouts (min 20 minutes each) for the month – one per day

YOU COULD WIN THREE PERSONAL TRAINING SESSIONS

Complete the challenge and you'll be entered into a raffle for three one-hour personal training sessions. One male and one female winner in each building

Get Started! Get a tracking card from a JCC Sports & Wellness team member, starting April 1.

Questions? Contact:

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