

CHAI CHALLENGE

AUGUST 2026

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30-minute strength workout on your own	10 minutes of stretching and/or foam rolling	Play Pickleball- minimum 30 minutes	Take a group fitness class
Take a Water Aerobics Class	Personal training session with a JCC trainer	30-minute cardio workout on your own	Swim 10 laps in the pool
Play Basketball- minimum 30 minutes	Swim 5 laps using a new-to-you stroke	Spend 20 minutes in the Sauna or 10 minutes in the Steam Room	Visit the OM Membership office
Spend a day at the Shapiro Aquatics Park	Visit the PH Membership office	Tread water for 2 minutes without using your hands	Run/walk 1 mile on the indoor track (10 laps) at OM or on the treadmill at PH
See other side for details and prizes>>>			

Take the CHAI Challenge

(Chai is Hebrew for Life)

You only need to complete four activities to earn our special J branded massage ball, but we encourage you to aim for all 16 to give your life a little more fun and excitement!

CHALLENGE DATES ARE AUGUST 2-29, 2026

- Complete at least four activities on this card to win a J Swag prize.
- Complete all 16 activities on our card, and you'll be entered to win a grand prize.
- Bring your completed card to the Welcome Desk in Owings Mills or Park Heights to redeem your J Swag prize.
- One Grand Prize winner per building.
- Winner will be notified by September 8, 2026
- Grand Prize Winner can choose from one of the following options:
 - FIVE One-hour or half-hour Personal Training sessions
 - SIX 30-Minute Private Swim Lessons sessions
 - ONE Month of Membership + Two Guest Passes

**Only one card entry per member.*

Questions? Contact Justin Dominick:
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