



A.I.M.

Abilities in Motion



Coed: Age 13-24

Tuesday, October 13 - November 17

11:00 am – 12:00 pm

Weinberg Park Heights JCC – Gymnasium

Take A.I.M. at your health and get moving in the right direction with this specialized fitness training. Abilities In Motion is for teens and young adults with disabilities who would like guidance with improving their fitness levels, building community, and getting empowered while having fun exercising. Certified Personal Trainer, Maya Albert, will lead participants in a series of movement-based exercises while also teaching vital fitness information to help them work towards their own individual goals.

Training limited to six participants

Fee: \$210/person. JCC Members only

REGISTER AT jcc.org/SmallGroupTraining

For questions and registration support, contact Denard Smith at dsmith@jcc.org | 410.500.5921 or Maya Albert at 914.610.0674