CENTER FOR Sports & Wellness

CHAI CHALLENGE

NOVEMBER 2026

C	H	A	I
Dance Fitness Class	Yoga/Tai Chi Class	Barre Class	Cardio/Cycling Class
Virtual-J Class	Strength Class	Body Balance Class	Human Reformer Pilates Class
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See other side for details and prizes>>>

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Group Fitness CHAI Challenge

(Chai is Hebrew for Life)

Take as many classes as possible during the month of November. Have your instructor stamp the card.

Dance Fitness: ZUMBA, LaBlast, J-Dance, SHiNE, Line Dance
Yoga/Tai Chi: All forms of yoga including Chair Yoga
Cardio: BODYCOMBAT, BODYATTACK, BODYSTEP, 3 in 1, Get Fit Stay Fit
Strength: BODYPUMP, Les Mills CORE, TBS, Strength

CHALLENGE DATES ARE NOVEMBER 1-30, 2026

- Complete eight classes to earn a J-branded gift, distributed at the end of the month.
- Complete all 16 for a chance to win J-branded apparel!
- Bring your completed card to the welcome desk in Owings Mills or Park Heights.
- Five Grand Prize winners per building.
- Grand Prize winners will be notified by phone or e-mail.

**Only one card entry per member.*

NAME: _____

TELEPHONE: _____

EMAIL ADDRESS: _____

Questions?
Contact Amy (PH) 410.559.3534 or Surena (OM) 410.500.5996

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