

## Sports & Fitness Packages and Fees

	<b>Sports Package</b>	<b>Fitness Package</b>	<b>Health Package</b>
	For swimmers, basketball and racquetball players	Sports package, plus access to the fitness center, group exercise and cycling classes	Fitness package, plus luxury adult locker room, whirlpool, sunrise swim, water aerobics, and more...
<b>AMENITIES</b>			
Pool (see schedule for hours)	Yes	Yes	Yes
Sunrise Pool (6-8:30am, M-F)	No	No	Yes
Fitness Center	No	Yes	Yes
Individual Fitness Consult	No	3/year	3/year
Group Exercise/Cycling	No	3/week	Unlimited
Aquatic Fitness Classes	No	No	Yes
Gymnasium/Basketball	Yes	Yes	Yes
Racquetball	Yes	Yes	Yes
Steam & Sauna	Yes	Yes	Yes
General Locker Room	Yes	Yes	Yes
Health Center Locker Room	No	No	Yes
Whirlpool/Laundry Services	No	No	Yes
Guest Passes	0	0	5/year
<b>HOURS</b>			
Monday-Thursday	8:30am-9:45pm	6:00am-9:45pm	6:00am-9:45pm
Friday	8:30am-5:45pm	6:00am-5:45pm	6:00am-5:45pm
Saturday	8:00am-4:45pm	8:00am-4:45pm	8:00am-4:45pm
Sunday	8:00am-5:45pm	8:00am-5:45pm	8:00am-5:45pm
Summer Weekends	All facilities close at 1:45pm		
<b>FEES*</b>	<b>Individual/Family</b>	<b>Individual/Family</b>	<b>Individual/Family</b>
Annual	\$705/\$990	\$1,015/\$1,550	\$1,400/\$2,225
Four Month Trial	\$255/\$345	\$380/\$565	\$560/\$810
Annual Off Peak (Mon-Fri 10:00am-3:30pm)	\$605/\$875	\$790/\$1,130	N/A
Snowbird (6 Months)	\$475/\$590	\$635/\$890	N/A
Nursery School/Camp Family	N/A	\$420/\$600	\$805/\$1,275
Total Access (ages 16-21)	N/A	\$585	N/A
College Break Package	N/A	\$355	N/A

\*Annual JCC registration fee required. Individual: \$40, Family: \$75

# ADDITIONAL SERVICES AND PROGRAMS

Annual Registration Fee May Apply

**PERSONAL TRAINING** Take your workout routine to the next level with our highly qualified personal trainers. Customize your fitness program to reach your goals.

*Fitness/Health Member:* 1 session: \$75

5 sessions: \$340, 10 sessions: \$650

*Non Fitness/Health Member:* 1 session: \$95

5 sessions: \$450

For appointment call x363.

**PARTNER TRAINING** Train with a friend with similar fitness goals. *Fitness/Health Memberships required*

1 session: \$50/member, 5 sessions: \$235/member

10 sessions: \$440/member

For appointment call x363

**MASSAGE THERAPY** Treat your body to a session of muscle relaxation with one of our licensed massage therapists trained in Swedish Massage, Deep Tissue/Trigger Point, Sports Massage, and Reiki.

For appointment call x325.

*Sports/Fitness/Health Member:* 1/2 hr session: \$40

1 hr session: \$75, Five 1 hr sessions: \$340

Ten 1 hr sessions: \$650

*Non Sports/Fitness/Health Member:* 1/2 hr session: \$50

1 hr session: \$95

**PILATES** All machine or apparatus lessons are performed in a private, 1-on-1, or 2-on-1 setting.

For appointment call x225

*Private* (1 Teacher, 1 Student): 1 session: \$80

5 sessions: \$385, 10 sessions: \$750

*Duet* (1 Teacher, 2 Students): 1 session: \$50/student

5 sessions: \$235/student, 10 sessions: \$450/student

**GROUP FITNESS CLASSES** Recharge your fitness routine with our full range of group fitness classes, including Zumba, aerobic dance, body sculpt, Pilates mat, stretch, tai chi and yoga. Call x326

*Health Members:* Unlimited classes, aquatics included

*Fitness Members:* 3 Group Fitness/Cycling classes/week

**STUDIO CYCLING** Enjoy great music and dynamic instruction while you burn calories, build strength and improve cardiovascular endurance.

Reservations recommended x325.

*Health Members:* Unlimited classes

*Fitness Members:* 3 Group Fitness/Cycling classes/week

*Non-Health/Fitness Members:*

10 Class Cards: \$100 introductory rate for new cyclists;

\$160 for each additional card, Single class \$20

**TRIATHLON PROGRAM** Train for your first or your twentieth triathlon. Swim, cycle and run instruction, open water training, customized coaching, event instruction, goal setting and more. Call x329.

*Sports/Fitness/Health Member:* Full Year: \$999

12 Week Session: \$399

*Non Sports/Fitness/Health Member:* Full Year: \$1,499

12 Week Session: \$599

**MASTERS SWIM PROGRAM** Train with other swim enthusiasts looking to improve their strokes and level of conditioning. Call x329.

*Sports/Fitness/Health Member:* \$350

*Non Sports/Fitness/Health Member:* \$900

**j-FIT FOR A HEALTHIER YOU!** j-FIT is a personalized, comprehensive fitness and nutrition program. Includes Nutritionist Consultations, Personal Training, choice of half-hour massage, Pilates or swim session. Full access to the JCC Fitness Center, Group Classes, Pool, Whirlpool and more! Call x223.

*JCC Fitness/Health Member:* \$699

*Non Fitness/Health Member:* \$749

**TEEN FITNESS** Supervised fitness program for teens 12-16 years old. M/W/Th, 4:00-5:00pm. Call x254.

Fall Session: 9/19/11-1/26/12 \$290

Spring Session: 2/6/12-6/21/12 \$290

Both Sessions: \$520

*Fitness/Health Family Member:*

\$220/session, \$370/both sessions

**BASKETBALL/RACQUETBALL** A full size gymnasium is available for adult (19+) basketball games, Tue & Thurs 8:00-9:45pm and Sat. 8-10am. Reservations x325.

*Sports/Fitness/Health Membership required.*

**GUEST POLICY** Guests must be accompanied by a member, subject to availability.

Sports & Fitness Center: \$20 (adults 18+), \$10 (children)

Health Center: \$30.

Saturday guest fees must be prepaid. Call x325.

**BABY-SITTING** For children 6 months – 5 years old M-F/Sun 9am-noon.

\$7/hour per child, siblings \$5/hour.

10 hour card: \$60 first child, \$45 per sibling

card when purchased together. Two hour maximum.

Reservations required x325.

**TRY OUR POPULAR 4 MONTH TRIAL MEMBERSHIP!**

Seeing is believing. Come in for a tour.



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