

j-FIT

for a healthier you!



Don't fall back into old habits
- Get fit with j-FIT!

"I have a desire to exercise, when I didn't before. It's individualized. It's about you."
j-FIT client, Lisa M.

"I'm definitely more in shape!"
j-FIT client, Nan B.

"[They] understood my needs with arthritis. I think you get your money's worth. It's better than a health club. It's perfect!"
j-FIT client, Susan L.

A \$1400 value...
Only \$749
for new participants.
(\$699 for fitness members)

**FOR MORE INFORMATION
CONTACT:
J-FIT DIRECTOR,
TARA FISHLER
914-472-3300 x 223
fishlert@jccmw.org**

**JCC of Mid-Westchester
999 Wilmot Road
Scarsdale, NY 10583
www.jccmw.org**



- 6 Personal Training Sessions
- 3 Nutrition Consultations
- Physical Therapist Consultation available
- Your choice—1 Massage or Private Pilates session
- **New expanded 12 Weeks complete access to the JCC Fitness Center, Group Classes and Pool**
- Ongoing support to monitor your progress