

GROUP TRAINING

OPEN FOR COMMUNITY REGISTRATION

תרגילי כושר

Commit to be Fit - Kickstart

Adults 18 yrs and up

Commit to be fit is the JCC's weight loss training program. Kickstart your weight loss goals with this 8-week training program to build up to the 12-week program this January. Participants receive one small group training session per week, a take home workout from their trainer and weekly wellness video coaching.

Location: Personal Training Studio

Instructor: Kasey Kuchenbecker

8 Mondays, Oct 28-Dec 16

9:30-10:25 AM

MEM \$160 / PTRN \$160 / COMM \$240

Instructor: Jack Chevremont

8 Tuesdays, Oct 22-Dec 10

1:00-1:55 PM

MEM \$160 / PTRN \$160 / COMM \$240

Instructor: Katie Nickel

8 Wednesdays, Oct 23-Dec 11

9:30-10:25 AM

MEM \$160 / PTRN \$160 / COMM \$240

Instructor: Brad Wilson

8 Wednesdays, Oct 23-Dec 11

6:00-6:55 PM

MEM \$160 / PTRN \$160 / COMM \$240

Instructor: Ally Koller

8 Fridays, Oct 25-Dec 20

No class: 11/29

6:30-7:25 AM

MEM \$160 / PTRN \$160 / COMM \$240

Women On Weights

Ages 18 and up

Building strength is the foundation to increasing your fitness level. Learn to properly lift using barbells, dumbbells and the cable machines under the supervision of a certified personal trainer specializing in strength training.

Instructor: Denise Beckman

Location: Personal Training Studio

TUESDAYS

SESSION I

4 Tuesdays, Sep 10-Oct 8

No class: 10/1

7:00-8:00 PM

MEM \$48 / PTRN \$48 / COMM \$88

SESSION II

8 Tuesdays, Oct 29-Dec 17

7:00-8:00 PM

MEM \$96 / PTRN \$96 / COMM \$132

THURSDAYS

SESSION I

7 Thursdays, Sep 12-Oct 24

9:00-10:00 AM

MEM \$84 / PTRN \$84 / COMM \$154

SESSION II

7 Thursdays, Oct 31-Dec 19

No class: 11/28

9:00-10:00 AM

MEM \$84 / PTRN \$84 / COMM \$154

Drop in classes are available for \$18 per class

100 Workout Challenge

Ages 18 and up

NOW through December 31

Join the 100 Workout Challenge! By joining the challenge you'll receive tracking sheets, an opportunity for 5 InBody scans during designated times and discounts on JCC programs and events. Receive prizes for every 25 workouts completed.

MEM \$10 / PTRN \$10

For more information contact Katie Nickel at knickel@jccmilwaukee.org.

Hourly Childcare

A Member-Value Program

Ages 6 weeks–9 years

Providing you the flexibility you need to enjoy the JCC – whether it's a class, personal training, or just have some 'me' time – Hourly Childcare is an affordable and convenient option available for children from 6 weeks to 9 years old.

HOURS OF OPERATION

Mon-Fri: 7:45 AM-1:00 PM

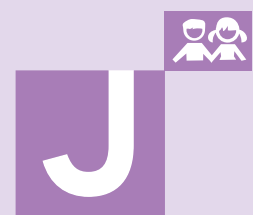
Sat-Sun: 8:00 AM-Noon

Hourly Childcare is available for up to 2 hours per day

USAGE AND RESERVATIONS

Two hour maximum, per child, per day. Reservations are required for infants ages 6 weeks-18 months, and must be scheduled at least 24 hours in advance. No reservation is necessary for any child over 18 months old. Reservations can be made at 414-967-8171 or hchildcare@jccmilwaukee.org.

RATES PER CHILD: \$3.00 / hour



Harry & Rose Samson Family
JEWISH COMMUNITY CENTER
Hourly Childcare