

TRY IT OUT FOR YOURSELF: THE BRYAN GLAZER FAMILY JCC

December 13, 2016 • 8:00 AM – 11:00 AM and 4:00 PM – 7:00 PM

Fitness Center

Meet the Fitness Staff:

- AM: 6:00 AM – 10:00 AM
- PM: 4:00 PM – 8:00 PM

Pilates Reformer:

Pilates Reformer Studio – 30 minute intro classes

- 6:30 PM – 7:00 PM
- 7:00 PM – 7:30 PM

Seminars:

Conference Room – 30 min presentation and 30 minute demonstration

- 9:00 AM – 10:00 AM
 - Active Aging & Fitness
- 5:30 PM – 6:30 PM
 - My Family & Me – How to Exercise as a Family
- 6:30 PM – 7:30 PM
 - Functional Mobility- An Intro into Self Care

Specialty Group Exercise Classes:

On Basketball Courts – 15 min demonstrations

- 10:00 AM – 11:00 AM
 - Test Out Step & Strengthen, Cardio Circuit, HIIT ABS and Stretch
- 4:30 PM – 5:30 PM
 - Test Out Pilates, Bootcamp, Step and Stretch

Group Personal Training Demo's:

Fitness Floor and Basketball Courts

- 9:00 AM – 9:45 AM – *Fitness Floor*
- 10:00 AM – 10:45 AM – *Fitness Floor*
- 4:00 PM – 4:45 PM – *Fitness Floor*
- 6:30 PM – 7:15 PM – *Basketball Courts*

Basketball Courts:

- Pickleball
 - 9:00 AM – 10:00 AM
- Basketball (Half Court)
 - 4:30 PM – 6:30 PM

Mezrah Family Aquatic Center

Family Activities:

- 9:00 AM – 11:00 AM
 - Cornhole on Pool Deck
 - Splash Pad Open
 - Sharks and Minnows – Zero Entry Pool
- 10:00 AM – 11:00 AM
 - Race the Lifeguard in a Fun-Filled Relay Race!
- 4:00 PM – 7:00 PM
 - Cornhole on Pool Deck
 - Splash Pad Open
- 6:00 PM – 7:00 PM
 - Race the Lifeguard in a Fun-Filled Relay Race!

Learn About Swimming:

Aquatics Booth

- 8:00 AM – 11:00 AM and 4:00 PM – 7:00 PM
 - Swim Lesson Promo Materials
 - Swim Team Promo Materials
 - Masters Swim Team Promo Materials

Meet the Aquatics Staff:

Aquatics Deck

- AM: 8:00 AM – 11:00 AM
 - Aquatics Manager
 - Aquatics Coordinator
 - Lifeguards
- PM: 4:00 PM – 7:00 PM
 - Aquatics Manager
 - Aquatics Coordinator
 - Lifeguards

Massages

Free Chair Massages:

Pre-function Space

- 10:00 AM – 11:30 AM
- 11:30 AM – 1:30 PM
- 5:00 PM – 6:30 PM



Bryan Glazer Family JCC

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