

Health & Wellness

For those new to Personal Training, Pilates Reformer and/or Massage, the JCC offers a convenient monthly payment plan through our Mind Body app. You will be charged the first of every month based on four (4) sessions. Contact us if you're interested in more than four sessions a month. When joining mid-month, individual sessions may be purchased.

Personal Training

One-on-one attention, guidance and motivation with a JCC certified personal trainer will take your workout where you want it to go and beyond.

| | 1 Hour Individual | 45 Mins Individual | 30 Mins Individual | 1 Hour Semi-Private |
|-----------|-------------------|--------------------|--------------------|---------------------|
| Monthly | \$199/mo | \$169/mo | \$119/mo | \$129/mo |
| 1 session | \$57 | \$47 | \$33 | \$35 |

JCC certified personal trainers are as unique as the clients they serve. Visit JCCindy.org/personal-training to read about each.

To schedule: Contact Anita at 317-715-9250 or fitness@JCCindy.org

Pilates Reformer

Tone your shape while creating length, strength and flexibility in your muscles with a JCC certified Pilates instructor. Group sessions are priced per person.

| | 1 Hour Private | 1 Hour Duet | 1 Hour Trio | 1 Hour Quartet |
|-----------|----------------|-------------|-------------|----------------|
| Monthly | \$249/mo | \$159/mo | \$119/mo | \$99/mo |
| 1 session | \$63 | \$40 | \$31 | \$27 |
| | ½ Hour Private | ½ Hour Duet | ½ Hour Trio | ½ Hour Quartet |
| Monthly | \$129/mo | \$79/mo | \$69/mo | \$59/mo |
| 1 session | \$33 | \$21 | \$17 | \$15 |

Learn more about our Pilates instructors at JCCindy.org/pilates.

To schedule: Contact Anita at 317-715-9250 or fitness@JCCindy.org

Massage

Relax, unwind and do your body a favor with massage therapy at the JCC! Available for men and women.

| | 50 Minutes | 80 Minutes |
|--------------------------|------------|------------|
| Swedish | \$55 | \$75 |
| Deep Tissue | \$65 | \$85 |
| Deep Tissue with Cupping | \$95 | \$115 |
| Reiki | \$60 | NA |

Learn more about Massage and Reiki at JCCindy.org/health-wellness/special-services.

To schedule: Contact Tammy at 317-715-9245 or thopkins@JCCindy.org

INCLUDED IN YOUR MEMBERSHIP

Aquatic Exercise Classes

- Ai Chi
- Aquacize
- Aqua Joints
- Boqua (aqua boxing)

Gentle Exercise Classes

- SilverSneakers Classic
- SilverSneakers Yoga

Group Exercise Classes

- BodyPump®
- Dance
- Tai Chi for Arthritis
- Vinyasa Yoga
- Cycling
- and many more!

For a complete class list, download our mobile app or visit:

JCCindy.org/group-exercise-schedule

Stay Up-to-Date

The J offers convenient options for members to stay in touch.



Mobile App

The J has a mobile app (called Daxko) for both iOS and Android devices. Visit JCCindy.org/Indy-J-app for links.

Text Alerts

For instructor swaps and cancellations, text "81010" and in the message box, type "@jccgrpx" to subscribe to alerts sent to your mobile phone. Simply text "@LEAVE" if you wish to unsubscribe.

Social Media

Follow the J on Facebook, Instagram and Twitter.



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