

Specialty Fitness Programs are designed to hold you accountable, coached by Personal Trainers and will be customized to meet you where you are today. Enjoy a Personal Training experience at half the cost!

OSHMAN FAMILY JCC
GOLDMAN
SPORTS & WELLNESS
COMPLEX

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Group Training 6:30-7:25AM Delmar		Group Training 6:30-7:25AM Delmar	
	Group Training 9:30-10:25AM Tara		Group Training 9:30-10:25AM Tara	
Balance and Stability 11:00-11:30AM Leeann	Revive for Cancer Survivors 12:00-12:55PM Leeann		Revive for Cancer Survivors 12:00-12:55PM Leeann	
Group Training 6:30-7:25PM Sam (Begins 11/29)	Women on Weights (WOW) 4:30-5:25PM Leeann	Group Training 6:30-7:25PM Sam (Begins 11/29)	Women on Weights (WOW) 4:30-5:25PM Leeann	

Group Training is a premier bootcamp-style fitness program for adults and all fitness levels. Our goal is to design workouts that are customized to the participants and to provide accountability through a fitness community of support. Our Trainers will use a mix of interval training techniques, HIIT, body weight exercises, strength training equipment, endurance and performance work, CrossFit and Spartan-style exercises to get you in the best shape of your life! 4 week sessions begin monthly.

Women on Weights (WOW) is a challenging and fun women's-only group training program designed especially for women to gain strength and endurance. This group will safely introduce weight training and plyometric exercises through education, community and practice. 4 week sessions begin monthly.

Revive for Cancer Survivors is a 12-week small group training program designed for adult cancer patients and survivors who have recently become deconditioned or chronically fatigued from their treatment and/or disease. Winter Session: 1/11/22-3/31/22

Balance and Stability Training is designed to specifically address slips, trips and falls. Certified Personal Trainer, Leeann Higgins, will teach various exercises and stretches to help build strength and muscle memory to prevent falls in the older adult. 4 week sessions begin monthly.

For more information, please visit <https://palaltojcc.org/specialtyfitness>

To enroll, please contact:
Bonnie Patrick, Fitness Manager at
fitness@palaltojcc.org or
(650) 223-8719

Free 4 week trial offered to all first time participants. Space is limited. Expires 11/30/21. Must be a JCC Fitness Member.



Oshman Family JCC
3921 Fabian Way, Palo Alto, CA 94303
(650) 223-8700 | info@palaltojcc.org

