EVERY BODY WEEK
January 19-26

SUNDAY JANUARY 19	MONDAY JANUARY 20	TUESDAY JANUARY 21	WEDNESDAY JANUARY 22	THURSDAY JANUARY 23	FRIDAY JANUARY 24	SUNDAY JANUARY 26
Personal Trainers Flash Mob We are showcasing all of our wonderful Personal Trainers, who will find you and offer you a FREE 30 minute session!						
Every Day: FREE Group Exercise Classes for you and your guest!						
8:30-10 am (Trainer Desk) **JCC's Biggest Mover!** Sign up to earn points when you work out and aim for the ultimate prize.	**10:30-11:30 am** (Robinson Gym) **Tiny Tots Sport** Children can sample various sports including Basketball, Soccer, Tennis, Hockey	**10 am-1 pm** (Centerfit Desk) **Free Chair Massage!**	**8-9:30am** (ECDC entrance) **Good Morning!** Grab coffee and a doughnut to go	**9-9:30 am** **Spin Party** Celebrate our 19th year of Spinning!	**9 am- 3 pm** (Court 2) **Ping-Pong** Table tennis fans: Come to the squash court and enjoy a friendly competition.	**10 am-2 pm** (Court 2) **Ping-Pong** Table tennis fans: Come to the squash court and enjoy a friendly competition.
10 am-1 pm (Centerfit Desk) **Free Chair Massage!**	**11 am-4 pm** (Court 2) **Ping-Pong** Table tennis fans: Come to the squash court and enjoy a friendly competition.	**3-6 pm** (Upper Level) **Open House:** **10.27 Healing Partnership** The 10.27 Healing Partnership fosters a sense of community well-being by providing opportunities for reflection, support, and connection.			**10 am-1 pm** (Centerfit Desk) **Free Chair Massage!**	**11:30 am-3 pm** **Indoor Triathlon**
					3:30 pm (Centerfit) **Teen Certification Training** Teenagers age 13-15 who would like to use Centerfit, train for FREE! ($45 savings.)	**1-4 pm** (Robinson) **Teen E-Sports League** Introducing the JCC of Greater Pittsburgh's E-League. NBA 2K, Fifa, Madden and Super Smash Brothers.

JCC PGH

FOR EVERY BODY ALL WEEK

- **20% off when you book any 1 hour massage**
- **"Buy 6 Get 9" Personal Training Sale: General $216; Platinum $192**
- **Giveaways & Refreshments**
- **FREE Centerfit Platinum access (ages 18+)**

MEMBERSHIP SALES

- **Join this week and we will waive the processing fee!**
- **Upgrade to Centerfit Platinum and get 1 month FREE**
- **Refer a friend, if your friend joins - you get 1 month FREE (new members only)**