

FITNESS CENTER ORIENTATIONS

**Get started on your fitness
journey with our complimentary
orientations in November.**

Led by Mandel JCC Personal Trainers

Sun, Nov 2 • 10-11 am • Thomas

Mon, Nov 10 • 6:30-7:30 pm • Jessica

Wed, Nov 19 • 5:30-6:30 pm • Jessica

Fri, Nov 28 • 12:30-1:30 pm • Thomas

**Space is limited. To reserve your spot, contact Rich Zatta
216-593-6298 • rzatta@mandeljcc.org**

