

FITNESS CENTER ORIENTATIONS

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

Led by Mandel JCC Personal Trainers

Mon, Oct 6 • 7-8 pm • Jessica

Wed, Oct 15 • 5:30-6:30 pm • Jessica

Sun, Oct 19 • 11 am-12 pm • Thomas

Sun, Oct 26 • 1-2 pm • Thomas

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

