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**This Fall, Enjoy Unique Health & Wellness Programs
At the Marlene Meyerson JCC Manhattan**
*Highlights include Olympic Weightlifting for Teen & Tween Girls,
Indoor Stand Up Paddleboarding, and Free Daily Meditation*

New York, NY (September 6, 2018) – This fall, numerous health and wellness programs will be offered at the Marlene Meyerson JCC Manhattan, available for all ages. During the month of September, new registrants save \$150 on membership. As a bonus, those who attend the JCC’s annual fall open house on Sunday, September 16 from 11:30 a.m. to 5 p.m. can save \$200 on membership and participate in a variety of free wellness classes.

“We’re proud to provide quality fitness programming for the community that helps to improve lives,” said Caroline Kohles, senior director of health and wellness programming at the JCC. “From aquatics to traditional group fitness, teen and tween fitness options, and wellness programs for those fighting cancer, there truly is something for everyone.”

Program highlights are below. For a complete schedule, course descriptions, and to register, visit jccmanhattan.org or call 646.505.5708.

NEW! Olympic Weightlifting for Tween and Teen Girls: Girls’ lifting programs boost self-confidence and contribute to positive body image, and Sarah Revenig, certified Olympic weightlifting coach, teaches small groups of girls the three Olympic weight lifts, while also developing strength and speed. The class concludes with a small competition showcase for family and friends to attend.

Offered Wednesdays from 5 to 6 p.m., beginning Oct. 24.

NEW! Aqua Stand Up: The JCC is proud to be the only Manhattan location to offer an indoor pool paddleboard fitness class. This total-body workout combines elements of yoga, Pilates and HIIT choreographed to music.

Offered Tuesdays from 7:15 to 7:55 p.m., beginning Oct. 9.

NEW! Aqua Running: This program offers all the benefits of running with less impact on your body, making it an excellent choice for runners recovering from an injury or looking to change up their routine.

Offered Mondays from 9:30 to 10 a.m., beginning Sept. 17.

FREE! The Doctor Is In: The JCC is offering five exceptional programs this fall, in collaboration with medical specialists, to bring the most up-to-date information and answer audience questions about medical conditions. Topics range from neurobiology and stress to Alzheimer's research, menopause and liver health to medical cannabis for pain management.

Offered select Tuesdays from 7 to 8 p.m.

FREE! Daily Guided Meditation: Every weekday morning and four afternoons a week, the JCC provides free meditation in its beautiful Makom space – walk-ins welcome! Offered Monday to Friday from 7:30 to 8:30 a.m. and Monday to Thursday from 5:45 to 6:45 p.m.

FREE! Nia Jam: Once a month, join the JCC for a free Nia Jam class, which blends dance, martial arts, and yoga in a fun workout. Open to those ages 14 and older. Offered select Saturdays from 6 to 7:15 p.m.

About the Marlene Meyerson JCC Manhattan

Together with its community, the Marlene Meyerson JCC Manhattan creates opportunities for people to connect, grow, and learn within an ever-changing Jewish landscape. Located on 76th Street and Amsterdam Avenue, the JCC is a vibrant non-profit community center on the Upper West Side. The cornerstone of progressive programming in Manhattan, the JCC serves over 55,000 people annually through 1,200 programs each season that educate, inspire, and transform participants' minds, bodies, and spirits. Since its inception, the JCC has been committed to serving the community by offering programs, classes, and events that reach beyond neighborhood boundaries, reaching people at all stages of their lives. Learn more at jccmanhattan.org.

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