



Programs of JCC's Healthy Heart Month

# Fit-Thons

Open to the Community

## 5th Annual Aqua-Thon

Support the American Heart Association during a morning of exercise in the pool. Non-stop movement for a great cause. Will include all levels of water workouts. See fitness menu for class times.

**Thursday, February 23 • 9am-Noon**

*9-9:30: Aqua Yoga with Amanda*

*9:30-10:30 Be Fit Aqua with Sherry*

*10:30-11:15 Stretch & Strength with Pam*

*11:15-12pm: Aqua Jam with Kathleen*

**\$10/Full Facility Member • \$15/Basic Member & Guest**

## 5th Annual Zumba®-thon

Party yourself into shape with JCC Zumba instructors and enjoy this Latin inspired easy to follow, calorie burning, dance party! Feel the music & get loose!

**Sunday, February 26 • 9:15-10:30am**

**\$10/Full Facility Member • \$15/Basic Member & Guest**

**Prizes, giveaways & snacks provided at all events**

**Register online: [katzjcc.org](http://katzjcc.org)**



**Katz JCC, Cherry Hill**

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Questions, contact Jayne Miller Morgan  
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**[katzjcc.org](http://katzjcc.org)**

