

3 Easy Steps to your 8 Week Track:

Step 1: Sign up for our eight week program

Step 2: Select your track

Step 3: Receive your customized exercise plan and start class

All 8 week tracks include:

- Assessments at the beginning and end of your track
- A customized exercise plan
- One 60-minute session and one Relax Renew enhancement class per week
- A summary report provided to you and made available to your provider
- Full Membership access to Katz JCC
- Enrollment fee waived after track completion and 15% off Full Facility Membership



The Richard Klein Wellness Center at the Katz JCC is dedicated to providing the highest quality wellness programs and services for everyBODY. Our JWellFit program is led by personal trainers, who specialize in medical fitness. They have expertise in assisting people who manage chronic or multiple medical conditions and those who need additional support.

Instructors: Robyn Kade, MS CPT
Marjie Zimmerman, BS, CETI, MES
Adam Kaminski, BA, CPT
Paige Kondrack, BS, CPT, EP

**Katz JCC
Fitness and Wellness**
1301 Springdale Road
Cherry Hill, NJ 08003
Katzjcc.org



Ready to get started?

Contact: Rachel Hahn,
Personal Trainer Coordinator
rhahn@jfedsnj.org or
(856) 424-4444 ext. 1149



JWellFit

Improving lives through fitness

Through healthcare provider-based referrals and guided exercise, JWellFit tracks are designed to help you improve your level of physical activity and feel comfortable and confident about fitness.

Healthcare Provider Referral

This completed form is required to participate in the JWellFit program at the Katz JCC.

Patient Name Phone

Provider Name Phone

Patient Signature Phone

Patient is referred for
(Choose most appropriate track)

- | | |
|--|--|
| <input type="checkbox"/> Cancer Fit | <input type="checkbox"/> Functional Fit |
| <input type="checkbox"/> Cardiac Fit | <input type="checkbox"/> Orthopedic Fit |
| <input type="checkbox"/> Diabetes Fit | <input type="checkbox"/> Pulmonary Fit |
| <input type="checkbox"/> Fit for Surgery | <input type="checkbox"/> Transitional Care |
| | <input type="checkbox"/> Weight Management |

Please list any exercise restrictions or recommendations:

Cancer Fit

Guides movement to help reduce fatigue while improving muscle function and range of motion.

Cardiac Fit

Delivers guidance to help reduce risk factors for cardiovascular disease, gain strength and increase endurance.

Diabetes Fit

Encourages management of prediabetes and type 1 and type 2 diabetes by balancing physical activity levels and prompting healthy

Fit for Surgery

Helps build muscular strength and endurance prior to surgery to aide in recovery.

Functional Fit

Promotes pain reduction through gentle movement for conditions such as arthritis, fibromyalgia, lupus, multiple sclerosis, and other autoimmune conditions.

Orthopedic Fit

Encourages strength training in targeted muscle groups after physical therapy.

Pulmonary Fit

Develops specialized plans to help improve breathing capabilities, muscle function and exercise tolerance.

Transitional Care

Provide motivation to help improve stamina and health-related issues due to an inactive lifestyle.

Weight Management

Encourages realistic goal setting for healthy weight and helps develop physical activity habits.

Ask your provider if a referral to JWellFit is right for you. Begin any track today for \$109/ members and \$149/non-members. No refunds.

Program is open to the community. Katz JCC membership is not required. Some prerequisites apply.