

## 3 Easy Steps to Start Your Program

- Step 1:** Sign up for our eight week program  
**Step 2:** Select your track  
**Step 3:** Receive your individual exercise plan and start class

### **All 8 week tracks include:**

- Assessments at the beginning and end of your track
- An individual customized exercise plan
- One 60-minute session and one Relax Renew enhancement class per week
- A summary report is shared with you and can be shared with your provider upon request
- Full Membership access to Katz JCC
- Enrollment fee waived after track completion and 15% off Full Facility Membership



## About JWELL Fit

The Richard Klein Center for Wellness at the Katz JCC is dedicated to providing the highest quality wellness programs and services for everyBODY, with a focus on longevity. 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, MA, CHES, CHWC, EIM, CPT  
Marjie Zimmerman, BS, CETI, MES  
Adam Kaminski, BA, CPT  
Paige Kondrack, BS, CPT, EP  
Jake Zaleski, BS, CPT  
Lin Goldkrantz, BA, MA, CPT, CETI, MES

### Ready to get started?

Contact: Megan Matis,  
Medical Fitness Manager  
mmatis@jfedsnj.org or  
(856) 424-4444 ext. 1151

### **Katz JCC Fitness and Wellness**

1301 Springdale Road  
Cherry Hill, NJ 08003  
Katzjcc.org



# JWELL Fit

Improving Lives Through Fitness

Through healthcare provider-based referrals and guided exercise, JWELLFit tracks are designed to help you increase longevity, 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:** \_\_\_\_\_

**Patient Phone Number:** \_\_\_\_\_

**Provider Name:** \_\_\_\_\_

**Provider Phone Number:** \_\_\_\_\_

**Provider Email or Fax:** \_\_\_\_\_

**Today's Date:** \_\_\_\_\_

**List any exercise restriction or recommendations:**

\_\_\_\_\_

**Patient Referred for:**

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

**OR**

**Fill Out Online**



### **More Information**

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.

## JWell Fit Tracks

### **Cancer Fit**

Guides movement to help reduce symptoms of pre and post cancer treatment and surgery. Improving range of motion and muscle function.

### **Cardiac Fit**

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

### **Diabetes Fit**

Encourages management of pre-diabetes 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.

### **Neuro Fit**

Enhances physical and cognitive function for individuals with neurological conditions, improving balance, strength, and coordination while supporting memory, attention, and problem-solving for greater safety and well-being.

### **Orthopedic Fit**

Encourages strength training in targeted muscle groups after physical therapy.

### **Osteo Fit**

Guides in the management and reduces symptoms of osteoporosis and osteopenia.

### **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.

## Value & Savings!

Benefit	Value
8-week JCC Full Facility Membership	\$154.00
Waived Joining Fee	\$99.00
15% Discount on 1st Year Dues	\$138.00
8-week Relax & Renew Class	\$119.00
Pre- & Post-Assessments	\$50.00
8 Weeks of Small Group Training	\$129.00
Total Value of Services	\$688.60
<b>Your Savings!</b>	<b>\$540.00</b>

### **Relax & Renew Class:**

Teaching movements and techniques you can use daily to improve the body and the spirit.