



More than just a gym

State-Of-The-Art-Facilities | Convenient Location | Value For Your Money

HEALTH & FITNESS CENTER

With over 40,000 square feet, the Weinberg Health & Fitness Center is one of the premier fitness centers in the Greater Washington area. Amenities include cardiovascular equipment, full circuit of strength-training equipment, free-weight room, indoor pool, outdoor pool with kiddie pool, racquetball and squash courts, basketball courts, a group exercise studio, adult-only locker rooms with massage rooms, jacuzzi, steam rooms, saunas and family locker rooms.

GROUP EXERCISE

We offer over 70 group exercise classes every week that are included in the cost of the membership. We offer a wide variety of classes including Les Mills BODYPUMP™, spin, yoga, Zumba®, senior fitness classes and water aerobics. We offer classes at different levels of intensity to match the needs of our diverse membership. Please check our website for the most updated group exercise schedule.

BASKETBALL

Full court basketball, adult play two times a week and open gymnasium hours

RACQUETBALL & SQUASH

Open when Health & Fitness Center is open

PERSONAL TRAINING

Work towards your goals with a personal trainer. Trainers can help you strengthen skills, increase stamina, lose weight and meet your goals. All of our trainers are nationally certified and many have specialized education and expertise. We offer duets and small group training in addition to one-on-one sessions. Call the director of health and fitness at 301.348.3891 and get started today.

Small group training

Work out in groups of 2-8 with a trainer to provide structure & motivation. Options include Women on Weights, TRX and High Intensity Interval Training (HIIT).

AQUATICS PROGRAM

Year-round swimming programs and exercise classes are offered for all ages and levels. We offer daily lap swimming, adult masters swim, water aerobics, group and private swim lessons for children and a non-competitive swim team for ages 5-12. Contact our aquatics director at 301.348.3890 to learn more about our aquatics programs.

FULL SERVICE LOCKER ROOM

Jacuzzi, steam room, sauna and lounge

MASSAGE THERAPY

Relax in one of our massage rooms and enjoy a massage from one of our certified massage therapists. Contact the director of health and fitness at 301.348.3800 for more information about specific types of massage or about our therapists.

BABYSITTING

Know that your kids are safe and well-supervised while you work out at the Center. Babysitting is available 7 days a week for children ages 3 months to 6 years at a minimal charge. Please check our website for the most up-to-date prices and hours.

GUEST PASSES

Bring friends and family to enjoy the Center for a minimal charge. Guest passes can be purchased at the Membership Desk or the Front Desk. Guests must sign a Guest Agreement.

REFER-A-FRIEND

Refer a friend to the Center. When they join as a fitness member, the referring member gets Center Cash to spend on services like personal training and massage. Restrictions apply.

ACCESS TO OTHER JCCs AROUND THE COUNTRY

Enjoy the benefits of membership at other JCCs. Many JCCs offer reciprocity and allow our members to use their center free of charge. The JCC of Greater Washington extends reciprocity to members of other JCCs for 30 days per year. Members of the JCCGW have unlimited access to the DCJCC and the JCCNV.

“ Our members value the JCCGW because we combine state-of-the-art equipment, varied fitness options, recreational activities and Jewish programming within a warm and welcoming community. ”

JCC OF GREATER WASHINGTON | 6125 MONTROSE ROAD, ROCKVILLE, MD 20852 | JCCGW.ORG | 301.881.0100

ABOUT THE JCC OF GREATER WASHINGTON

The JCC of Greater Washington is one of the largest metropolitan JCCs in the country. Our mission is to promote Jewish identity and create community. We connect people of all ages and backgrounds through recreational, educational and cultural activities in a welcoming, accessible and inclusive environment. The JCCGW is a community—a place to make friends, work out, learn a new skill, discuss a book, attend a concert or film, and more. We look forward to seeing you at the Center!

MEMBERSHIP AT THE JCCGW

JCCGW membership is open to everyone regardless of race, religion, age or ability. Membership includes access to:

- Weinberg Health & Fitness Center
- Indoor and Outdoor Pools
- Full Gymnasium
- Group Exercise Classes
- Racquetball
- Member-only Aquatics Programs*
- Personal Training*

**Additional fees apply*

Our memberships are billed on a monthly basis and have no annual contract! We have membership options for families, couples and individuals. Contact our Member and Guest Services team at 301.348.3800 or membership@jccgw.org to discuss membership options today.

HOURS

Our fitness center and indoor pool are open 7 days a week, 362 days per year. Our standard hours are:

Monday-Thursday	5:30 a.m.-10:00 p.m.
Friday	5:30 a.m.-8:00 p.m.
Saturday and Sunday	7:00 a.m.-8:00 p.m.

Hours are subject to change. Please check our website for the most comprehensive listing of fitness center hours.

MORE THAN JUST A GYM

Membership at the JCCGW also provides member rates and priority registration for programs and classes that include:

- Bender Dosik Parenting Center infant and parenting classes
- Preschool programs for transitional 2s through kindergarten in our Early Childhood Center program. Half and full day options available
- Kids After School programs for children in grades K-6 including school-out days
- Afterschool programs including sports, dance, art, aquatics, music lessons and chess
- Cultural arts programs including book festival, film festival, book clubs and concerts
- Camp JCC for children ages 4-13
- Senior programs including social programs and adult continuing education
- And so much more!

Join Today!

STOP BY AND DISCOVER EVERYTHING YOUR CENTER HAS TO OFFER



Contact us for a complimentary tour and workout!



jccgw.org • 301.348.3800



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