



## 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, newly renovated free-weight room, newly renovated indoor pool, and outdoor pool, racquetball and squash courts, basketball courts, a group exercise studio, adult-only locker rooms with massage rooms, steam rooms, saunas and family locker rooms.

### GROUP EXERCISE

We offer over 90 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 with 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

Steam room, sauna and lounge

### MASSAGE THERAPY

Relax in our massage room 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 one month free. 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. Bender JCC extends reciprocity to members of other JCCs for 30 days per year. Members of the Bender JCC have unlimited access to the Edlavitch DCJCC and the JCCNV.

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

## ABOUT THE BENDER JCC OF GREATER WASHINGTON

The Bender JCC 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 Bender JCC 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 J!

### MEMBERSHIP AT THE BENDER JCC

**Bender JCC 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 Court Gymnasium
- Group Exercise Classes
- Racquetball Courts
- 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 Membership team at 301.348.3800 or [membership@benderjccgw.org](mailto:membership@benderjccgw.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 AM-10:00 PM
Friday	5:30AM-8:00 PM
Saturday and Sunday	7:00 AM-8:00 PM

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

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

- Bender Dosik Parenting Center infant and parenting classes
- Preschool programs for 18 months through 5 years in our Bender 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 Literary 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 THE J HAS TO OFFER



Contact us for a complimentary tour and workout!

**J Bender JCC**  
of Greater Washington

[benderjccgw.org](http://benderjccgw.org) • 301.348.3800

Partner Agency of  
The Jewish Federation  
OF GREATER WASHINGTON



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