GROUP EXERCISE
benderjccgw.org/GroupEx

The Bender JCC offers daily group fitness classes for all interests and skill levels. Led by certified instructors and designed to boost endurance, strength, and motivation, classes are free to members and provide participants with the newest trends in group fitness.

CARDIO
- ZUMBA - Low-impact cardio
  - Cardio and floor exercises using fitness balls
- NIA - Low-impact cardio
- ZUMBA® - Classic, Gold (low intensity) and Toning (with weights) - High energy Latin inspired dance class

CARDIO / STRENGTH TRAINING
- Les Mills BARRE® - 30-min, modern version of classical balletic training focusing on postural muscles
- Les Mills BODYCOMBAT® - Fusion of hip hop, world dance, boxing, aerobics and bodyweight training
- Butts & Guts - Heart rate killer with a core focus
- Cardio Sculpt with Ball - Cardio and floor exercises using fitness balls
- Les Mills BODYPUMP® - Barbells workout for anyone looking to get lean, toned and fit.
- Circuit Training - 3 rounds of combined strength, cardio and core
- Les Mills CXWORX® / CORE® - 30-min abdominal/core workout focusing on shoulders, abdominals and glutes
- Senior Fit - Strength and balance focus
- Tone Up/Shape Up - Functional fitness building core strength
- Triple Fitness - 20 minutes each: cardio, strength and core
- Balance & Strength - Work is performed sitting on a chair, ball or against a wall. Gait awareness, strength, stretches and body alignment

MIND & BODY
- Classic Yoga - Iyengar style practice with attention to body alignment, breadth, and posture
- Flow Yoga - A fusion of movement and rest with traditional yoga moves
- Gentle Yoga - Slow paced yoga class
- Mat Pilates - Improve posture, core strength, flexibility, breathing, and focus
- Yoga fusion classes - Pilates core strengthening and yoga flexibility and relaxation

SPINNING
- Les Mills BANG! - Fusion of hip hop, world dance, boxing, aerobics and bodyweight training
- Les Mills BARRE® - 30-min, modern version of classical balletic training focusing on postural muscles

AQUATICS
benderjccgw.org/aquatics

The Bender JCC offers two pools (indoor: 6 lane/25yd, outdoor: 8 lane/25m) which are ideal for exercise and relaxation for individuals and families:
- Heated, year-round outdoor pool with two tube slides and splashpad
- Herman Indoor Aquatic Center: swim classes and clubs for all ages
- Isadore & Bertha Gudelsky Exceptional Swim Program - For those with orthopedic related disabilities

PRIVATE & SEMI-PRIVATE LESSONS
1.1 or 2.1 Available by appointment for Bender JCC members only.

GROUP SWIM CLASSES (AGES 6 MONTHS+) OPEN TO ALL
Our swim classes introduce children to the water and teach fundamental swim skills and strokes. American Red Cross® curriculum (Water Babies - level 4)

SWIM CLUBS (AGES 6 - ADULT)
Pre-Team through Masters - Swimmers work on competitive skills and build endurance through challenging workouts and individual stroke correction.

GROUP EXERCISE IN THE WATER
- Yoga fusion classes - Pilates core strengthening and yoga flexibility and relaxation

FITNESS FLOOR AND SERVICES
FUNCTIONAL FITNESS AREA WITH TURF FLOOR
benderjccgw.org/fitness

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: treadmills, ellipticals and stair climbers
- Group exercise studios
- Full circuit of strength-training equipment
- Free-weight rooms
- Year-round, heated outdoor and indoor pool

PERSONAL TRAINING
All of our personal training options are designed to help you achieve your personal fitness goals.
- Small-group
- Women with Weights
- One-on-one and partner
- Family locker rooms

SPA & AMENITIES
- Adult-only locker rooms with steam
- Massage services

PROACTION PHYSICAL THERAPY & AQUATIC THERAPY
Onsite clinic specializing in post-operation recovery, orthopedic and sports injuries. We also offer aquatic physical therapy, running injury treatment and prevention, dance rehabilitation and injury prevention, and dry needling.

SPORTS & RECREATION
benderjccgw.org/sports

The Bender JCC has leagues and classes for members to stay active, get fit, and explore new hobbies.

YOUTH PROGRAMS
Programs run through the school year.
- Basketball (ages 5-12)
- Karate (3-adults)
- Multi-Sports (ages 3-12)
- Youth Volleyball (ages 9-14)
- JCC Maccabi Games (ages 13-16) & Mid-Atlantic Jr. Games (ages 10-12)
- Youth Maccabi Games (ages 13-16)
- JCC Maccabi Games (ages 13-16)
- Mamanet League - Israeli style volleyball

ADULT PROGRAMS
- Softball Leagues
- Adult Pickle Ball
- Pick-Up Games: Basketball, Volleyball, Squash/Racquetball
A Place for Wellness
The Bender JCC is proud to offer wellness programs that strengthen both body and mind.

MORE THAN JUST A GYM
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.

Membership at the Bender JCC also provides member rates and priority registration for programs and classes that include:
- Bender-Dosik Parenting & Grandparenting Center
- Preschool programs (18 months-5 years, including half and full day options)
- Kids After School programs (grades K-6) including school-out days
- Afterschool classes: sports, dance, art, aquatics, music lessons and chess
- Camp JCC (ages 4-13)
- Cultural arts programs including literary festival, film festival, book clubs and concerts
- Senior programs: social, adult learning, wellness and enrichment classes
- And so much more!

CONTACT US FOR A COMPLIMENTARY TOUR AND FREE ONE-DAY PASS!
301.348.3800 | BENDERJCCGW.ORG/JOIN

HOURS
Our fitness center and heated indoor & outdoor pools are open 7 days a week, 362 days per year. Our standard hours are:
- Monday-Thursday: 5:30 AM–10:00 PM
- Friday: 5:30 AM–8:00 PM
- Saturday: 7:00 AM–8:30 PM
- 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.

ADDITIONAL PERKS
- Bender JCC members get unlimited access to other JCCs in our region—the Edlavitch DCJCC and Pozez JCCNV—and membership reciprocity at hundreds of JCCs around the world.
- Guest passes allow friends and visiting family members to enjoy the center at a minimal charge.
- Referral program—when you refer a friend, you get a month free.

MEMBERSHIP AT THE BENDER JCC
Membership is open to everyone regardless of race, religion, age or ability. Enjoy access to:
- Weinberg Health & Fitness Center
- Racquetball Courts
- Indoor and Outdoor Pools
- Full Court Gymnasium
- Group Exercise Classes
- 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 to discuss membership options today.

THE Bender JCC
The Bender JCC is one of the premier fitness centers in the Greater Washington area and one of the largest JCCs in the country, featuring year-round heated indoor and outdoor pools, functional fitness area with turf floor, and 80+ group exercise classes—all in an inclusive community.