ADAPTIVE FITNESS

Select JCC fitness staff are certified as Adaptive & Inclusive Trainers. These trainers implement accommodations that will enable them to conduct safe and effective fitness training for people with a diverse set of needs and provide an inclusive setting using principles of universal design

Single 30-minute lesson
Price: $78, Member Price: $58.50

Four 30-minute lessons
Price: $312, Member Price: $234

Please note: An intake is required before registration to ensure that the JCC is able to meet the needs of the participant. To begin an intake, please contact inclusion@jccnj.org.

JCC OF CENTRAL NEW JERSEY
WILF JEWISH COMMUNITY CAMPUS

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