

Fitness Center Renovation Details

Starting July 6th (for 2 to 3 weeks) the fitness center will be closed for renovations. **Fitness Center Members** will have a couple of options for their workouts:

A. Weinstein JCC

- a. A small workout area will be located in the Cycle Room downstairs (next to the babysitting room). Some of the equipment to be included are: 2 Treadmills; 4 Ellipticals, All Bikes (5 upright, 2 recumbent); 1 Rower; Two small dumbbell towers and two flat benches (Cycle Bikes will be moved to the Banks Gym where classes will be held.)
- b. Extra Group Fitness classes will be added as well for members' convenience.

B. Westwood Racquet Club

- a. Weinstein JCC Fitness Center Members will be able to use their fitness room only.
- b. Fitness towels will be available
- c. Babysitting is available:
 - i. Reservations can be made at # 381-5633
 - ii. It will cost \$8 per child per hour with a 3hr. max (there is detailed information at the check-in and front desks)

Westwood Hours of Operation:

Sun. – Thurs. 5:45am – 10pm

Fri. - Sat. 5:45am – 11pm

Please don't hesitate to let us know if you any further questions.

