Fitness

Virtual J

Home

Reopening

About

Membership

Programs

Summer Experience

Sports & Wellness

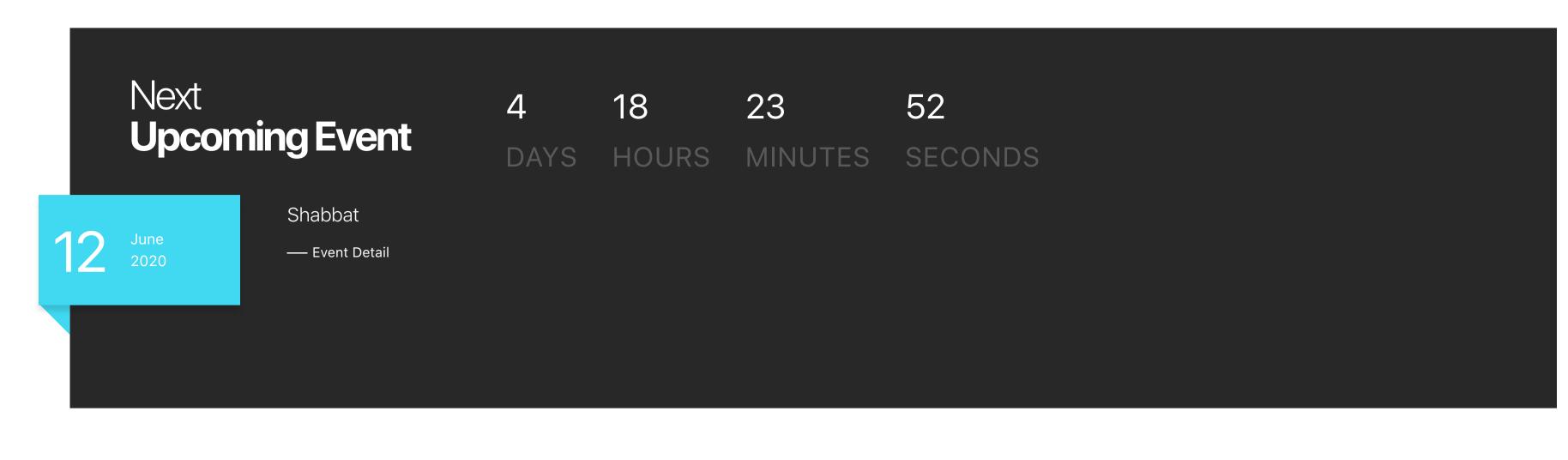
(614) 231-2731

J Catering

Support the J

Early Childhood





SHABBAT •

Facebook Live

10:00 am

26

JUN

SHABBAT • SHABBAT • 12 19 10:00 am 10:00 am JUN JUN Facebook Live Facebook Live SHABBAT -03 10:00 am JUL Facebook Live LOAD MORE

JCC 2020 SUMMER EXPERIENCE program will replace the traditional JCC Summer Camp for children entering 1st through 6th grade. Click Here For More Information > XX JCC SUMMER EXPERIENCE 2020 Z



EXPERIENCE THEATRE LIKE NEVER BEFORE!

JEWISH THEATRE LAB 20

TUESDAY, JUNE 2

7:30pm Live on Facebook "Exquisite Potential"

All parents think their children are great. Alan Zuckerman just happens to think his 3-year-old son, David, is the Messiah. Thirty years ago, Alan and his wife, Laura, visit their rabbi to verify David's possible divine nature. Thirty years later, everyone older and wiser, it appears that Dad might have been onto something.

Written by Stephen Kaplan Directed by Giselle Siegel, Gallery Players Artistic Director, with Benny Zelkowicz, Eric Neuenschwander, Nina Martin, Lauren Bandman, Brad Barbin, and Eliza Martin.

More information on Facebook

ADD TO THE EXPERIENCE

Shabbat Activities

Category Category

Choose Philly Steak, Chicken or a Veggie Wrap: All wraps are served with seasoned potato wedges. Order by: Monday, June 1st **Pick up:** Tuesday, June 2 between 1-3pm **Order online:** columbusjcc.org/jcatering

While our building is closed, our staff is hard at work creating content for members to access from home. We are so excited to bring our community Virtual programming during this time. You can tune in at different times throughout the day for live content. Please see the categories below to find the resources you're looking for.

VIRTUAL J FITNESS CLASS VIDEO ARCHIVE

This page is an ongoing project, and will be updated on a regular basis. Please check back for our most recent content.

> or visit our Facebook page to view our most up-to-date classes & programs

HIIT Classes Senior Adult Fitness Classes **GRIT & TRX Classes O** Kickboxing & Boxing

• Low Impact • LaBlast Classes • Strength, Cardio, and Killer Core • Partner Workout • Family Fitness • Spinning **O** Yoga and Mat & Barre Pilates Basketball Drills VIRTUAL J PROGRAMS & ACTIVITIES VIDEO ARCHIVE **UPDATED 06.01.2020 O** JCC Summer Camp Activities • Family Activities & Entertainment

UPDATED 06.01.2020

• Cooking Activities The content of JCC of Greater Columbus is for entertainment only. JCC is not a medical organization and its instructors or staff cannot provide medical advice or diagnosis.

Physical exercise in all forms, even without equipment, is a strenuous physical activity. As such, you should consult your physician or other health care professional before starting this fitness program or any other fitness program to determine if it is right for you. If you are predisposed to a medical condition that may be worsened by physical exercise, please do not start this fitness program if your physician or health care provider advises against it. If you experience faintness, dizziness, pain or shortness of breath at any time while exercising you should stop immediately. If you think you are having a medical or health emergency, call your health care professional, or 911, immediately."

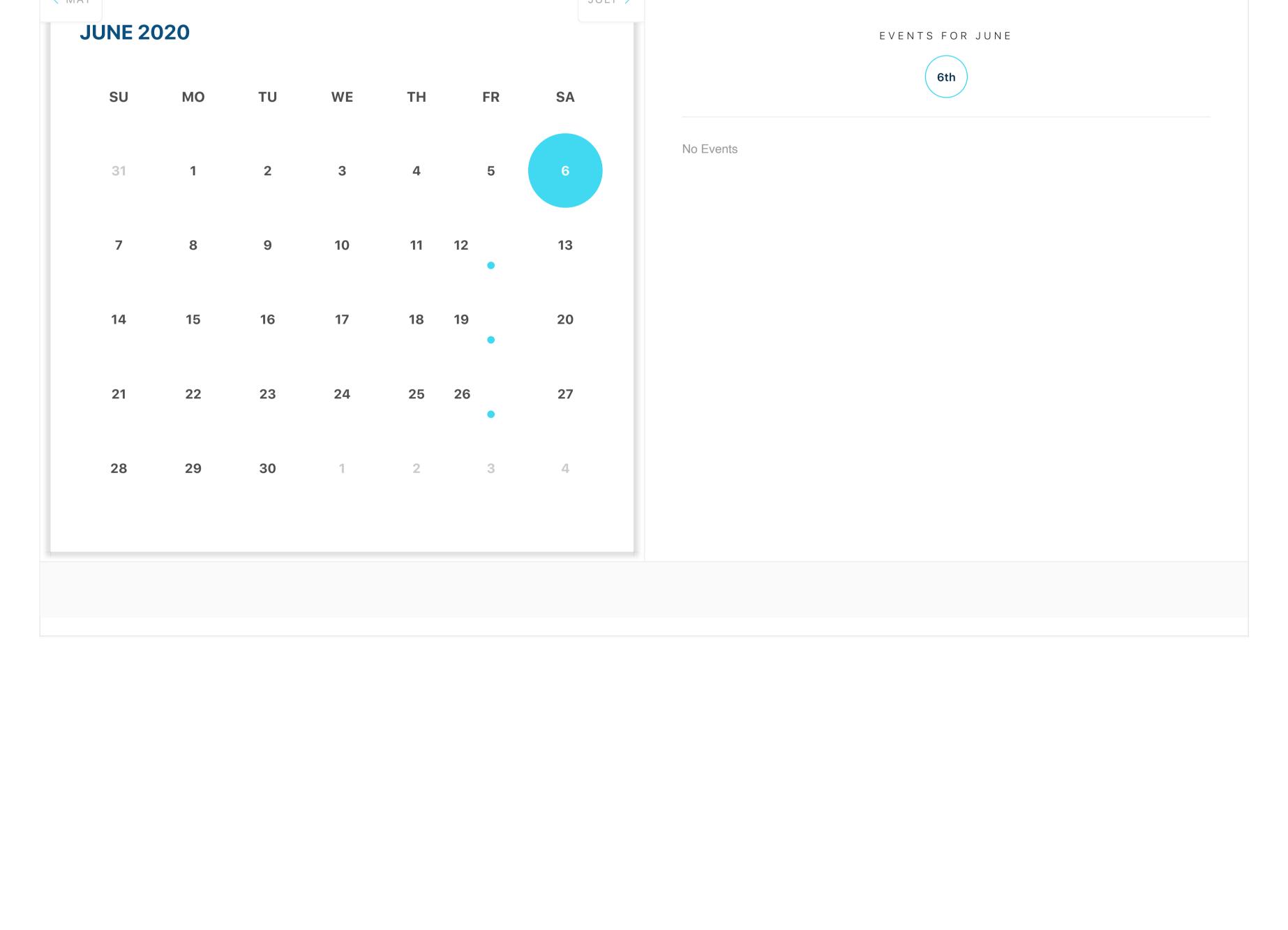
• Greetings from the JCC

WEEKLY

DAILY

LIST GRID

< MAY JULY >



VIRTUAL TRAINING TAKE YOUR VIRTUAL TRAINING TO THE NEXT LEVEL!

3 - 30 minute home written workouts for \$30

You may purchase a single session for:

30 minutes – \$33

(Client should have access to some equipment at home)

1 hour – \$60 45 minutes - \$48

Existing training packages can be used, and no equipment necessary but preferred. **VIRTUAL TRAINING SPECIAL:** 4 – 30 minute virtual sessions for \$99

→ JCCA Online Community Classes (Virtual JCC)

For more information and to sign up, please contact Carlie Snyder, JCC Fitness Director, at csnyder@columbusjcc.org

> Congregation Tifereth Israel Pray Live Streams > Temple Israel Official Website > JCC of Greater Columbus Health and Safety Page

ADDITIONAL RESOURCES

> JCC of Greater Columbus JSustainability Fund Donation Form (via formstack)



Charity Navigator Rated



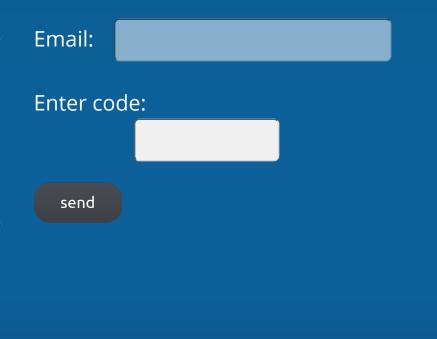
passion for Jewish learning and living. Through its programs and services, the JCC provides an inviting Jewish Neighborhood and comfortable place to thrive. Hours: M-Th 5:30 am - 10 pm; Fri 5:30 am - 6 pm; Sat 1:30 - 6 pm; Sun 7 am - 7 pm f in E You

About the JCC

Privacy Policy

Board Login

The JCC is a place that nurtures a



Get Our Newsletter

Name:

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