

OPEN TO
THE PUBLIC.
NO CHARGE.

JOIN THE PARTY ON DEC. 9!

ZUMBATHON



GROUP X-ATHON



CYCLE-ATHON



YOGA • STRETCH • PILATES



FITNESS 2012 palooza

a unique fitness experience benefiting the ADA and the Merage JCC



Merage Jewish Community Center of Orange County



American Diabetes Association.

SUNDAY, DECEMBER 9, 2012

OPEN TO THE PUBLIC. NO CHARGE. Ages: 14 and up.

Mix and Match the programs you want to participate in! Bring your friends & family!

Also: Vendor Fair, Giveaways and Silent Auction!

PALOOZA SCHEDULE:

8:30-9 am WELCOME & JCC FIT TEAM WARM-UP

9-11 am PALOOZA CHOICES

4 choices to pick from.

Stay with one or mix and match.

- ZUMBATHON Basketball courts
- CYCLE-ATHON Cycle room
- GROUP X-ATHON Large studio
- FITNESS CHALLENGE Outside

11 am-12:30 pm

MIND/BODY CHOICES

- YOGA Large studio
- PILATES Large studio
- MELT Large studio

Come experience new exciting formats such as: HIIT, Qiforze, Power Warrior Yoga, Svaroopo yoga, Melt, Qidance and many more

FITNESS CHALLENGE



For more information, contact Jason Meyers, (949) 435-3400 ext. 266, jasonm@jccoc.org
SPONSORSHIP AND VENDOR OPPORTUNITIES AVAILABLE.

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