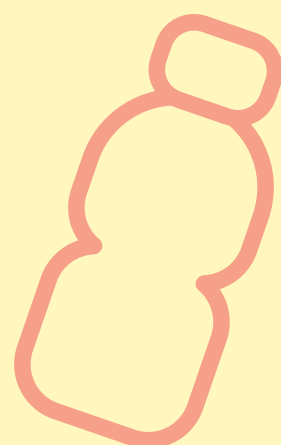


Summer Fitness Tour '26 at the

May 17–July 19

Every Sunday • Social Hall or Pavilion
All Ages Family Fitness



Bootcamp with Mandy/Tommy

May 17 at 11am

Yoga with Jessica

June 28 at 11am

Zumba with Denise

June 14 at 11am

Cardio Circuit with Teresa

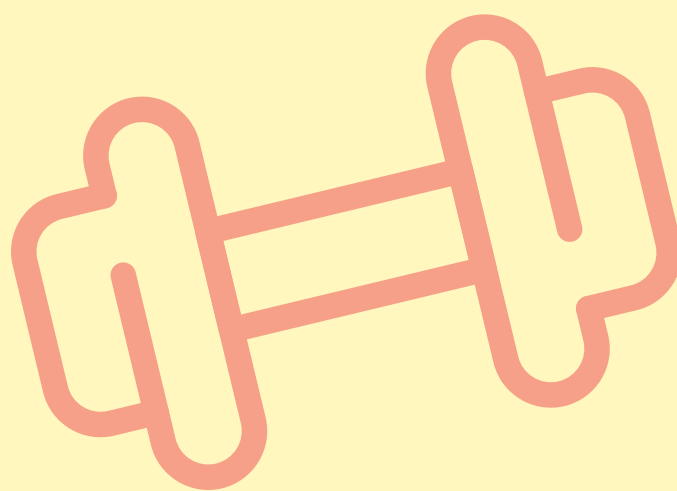
July 12 at 11am

HIIT with Teresa

June 21 at 11am

Pilates with Natalie

July 19 at 11am



 **Memphis Jewish
Community Center**

6560 Poplar Ave., Memphis, TN 38138
jccmemphis.org • (901) 761-0810

Questions? Contact Mandy Jenkins, Program
Director for Sports, Fitness, and Aquatics, at
mjenkins@jccmemphis.org or (901) 259-9212.