



PERSONAL TRAINING, PRIVATE AND GROUP PILATES

Train with us.



Take your workout to the next level with individualized training. JCC personal trainers help you establish fitness goals by creating a program geared to your fitness level, needs, and schedule. Individual and group rates available.

Our Pilates program has been refreshed and re-energized—welcoming, flexible, and focused on you. Led by certified, supportive instructors, it's designed to help you build strength, improve balance, and enhance wellness in a community that encourages and uplifts

For more information, contact Debbie Fox at debbief@jccoc.org



SCAN TO VIEW THE FALL GROUP FITNESS SCHEDULE



YOUTH ATHLETICS & ENRICHMENT

After school just got more active.



Give them somewhere to move, learn, compete, and have fun.

JCCOC youth programs include basketball, pickleball, multi-sport programs, fitness, preschool enrichment, and seasonal athletic offerings for a variety of ages and experience levels.

For more information, contact Noah Simon at noahs@jccoc.org



YOUTH & TEEN FITNESS

Train with purpose. Grow with confidence.

Our youth and teen fitness training programs introduce athletes to strength, movement, conditioning, proper lifting technique, and athletic performance in an age-appropriate (10-16) environment designed to help them get stronger, move better, and build confidence.

For more information, contact Noah Simon at noahs@jccoc.org

TEEN CERTIFICATION

Your teen has been eyeing the weight room for months.

With Teen Certification, they finally get the go ahead. In just one hour, they'll learn proper form, equipment safety, and gym etiquette, so they can train with confidence and you can trust the process.

For more information, contact Noah Simon at noahs@jccoc.org



Merage Jewish Community
Center of Orange County

1 Federation Way
Irvine, CA 92603

949.435.3400
jccoc.org



HOOPU / YOUTH BASKETBALL

Big goals start with the fundamentals.



From learning the game to taking the next step as a player, HoopU Basketball Academy gives young athletes consistent coaching, skill development, competition, and confidence in a positive environment.

For more information, contact Steve Averill at hoopu@jccoc.org



JDISCOVERY

You used to skip the gym because childcare felt complicated.



Now you drop your little one off at JDiscovery, where curious minds ages 18 months to 8 years dive into hands on Science, Technology, Engineering, and Math activities. Up to two hours, twice the win. They learn. You lift.

For more information, contact Laura Gaughan at laurag@jccoc.org



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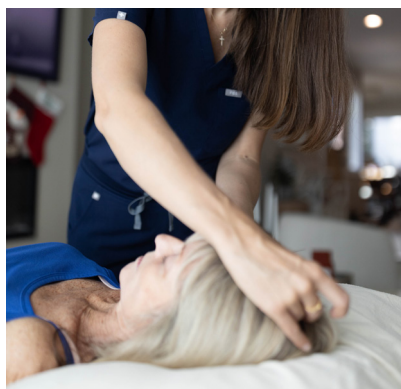


WELLNESS



Wellness is the new fitness, and we've got you covered.

Explore Stretch, Recovery, Reiki, Chiropractic, Massage, Physical Therapy, Esthetician, Acupuncture, and more. Because a stronger you starts with a well cared for you.



THE BOOST LIST	
THE SPARK - B12	THE SKINNY - MIC B12
- The gold standard for a natural energy lift - Helps support brain function and nervous system health - Supports red blood cell formation - Helps reduce fatigue and support overall wellness	- Blend of Methionine, Inositol, and Choline with Vitamin B12 - Supports fat metabolism and liver health - Helps promote energy production and metabolic function - Popular for wellness and weight management support
NEUROCALM - B1/B6	REPAIR - L-LYSINE
- Supports nervous system and cellular energy production - Increase dopamine & serotonin synthesis - Relieve PMS symptoms - Protect nerves and improve memory	- Essential amino acid involved in protein production - Supports collagen formation for healthy skin and connective tissue - Helps support tissue repair and bone strength - May support metabolic and overall wellness



PICKLEBALL

Your next game starts here.



Whether you're picking up a paddle for the first time or looking for better competition, JCCOC Pickleball has a place for you.

Jump into Open Play, Intro to Pickleball, weekly clinics, LiveBall, lessons, leagues, tournaments, and youth programming designed to keep you learning, competing, and connecting.

For more information, contact Noah Simon at noahs@jccoc.org

