

100 DAYS OF SUMMER FITNESS CHALLENGE

A signature program of  JCC Association of North America



Memorial Day – Labor Day MAY 28–SEPT 3

Join the **100 Days of Summer Fitness Challenge** along with JCCs across North America. Compete as an individual and as part of your JCC team.

Fitness activities include:

- Running
- Swimming
- Cycling
- Walking
- Cardio Equipment (ellipticals, rowers, UBEs, steppers, etc.)
- Group Fitness (any type of class)
- Personal Training

JCC Association will present awards to:

- Top Three JCCs
- Top Three Individual Champions

Track your exercise throughout the summer.
Log in at: jcca.org/100daysfitness

Log your exercise online and win prizes!



FOR MORE INFORMATION CONTACT
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