

The JCC's

TURKEY BURN

**WE'RE BACK
RID YOURSELF
OF THE GUILT!**



The Turkey Burn is a fast paced, full-body workout that is designed to burn up calories from a festive holiday gorging.

*Advance registration is requested!
**JCC Members and Guests only!
Instructors: Beth, Brian and Vicki

**Friday, November 23
9:00 to 10:00 am in the Gym
FREE TO ALL (no admission)!**