



MARILYN AND MARVIN SIMON FAMILY
JEWISH COMMUNITY CENTER

YOU BELONG
now more than ever

Corporate Services

Partner with the JCC to offer BENEFITS like never before

SANDLER FAMILY CAMPUS OF THE TIDEWATER JEWISH COMMUNITY
5000 CORPORATE WOODS DRIVE SUITE 100 VIRGINIA BEACH VIRGINIA 23462 757.321.2338

Corporate Services

The JCC is here to serve our community of residents and businesses alike. In order to accommodate you, the JCC is offering corporate membership options, which will compliment any employee benefit package. Corporate memberships offer the unique opportunity for your employees to enhance their minds, bodies and their social and business network in one location. Living healthy and knowing how to make smart lifestyle choices will improve health, morale and over all company productivity. As a member, your employees will have access to the most comprehensive and contemporary sports and fitness center in the area. In addition, the JCC houses indoor and outdoor pools, tennis courts, a miniature golf course, rock climbing wall and so much more. Our JCC is for EVERYONE!



Location

The Simon Family JCC is located in the heart of Virginia Beach, just minutes from where you work. Our facility is housed within one of the most prominent business districts in the area and offers a variety of fitness options for everyone

Take Interstate 264 to the Witchduck Road Exit in Virginia Beach. Turn left onto Grayson Road, then left onto Corporate Woods Drive. The JCC is conveniently located at 5000 Corporate Woods Drive, Suite 100, Virginia Beach Virginia 23462.

Hours of Operation

Health & Fitness Facilities

Monday thru Thursday 5:30am-9:00pm

* Friday 5:30am-4pm [October-March]

* Friday 5:30am-6pm [April-October]

Saturday 1-5pm

Sunday 8am-4pm

* Pool Closes 1/2 hour before facility closes

Babysitting Hours

Monday thru Thursday 8:30am-7:30pm

Friday 8:30am-3:00pm

Sunday 9:30am-3:30pm

Zone Hours

Monday thru Thursday 3:30-7:30pm

Sunday 11:00am - 3:00pm

Membership Benefits

As a JCC member all your employees will have access to:



Unlimited use of Fitness Center with Cybex Strength, Free Weights and State of the Art Cardiovascular Equipment

Unlimited Group Exercise Classes

Unlimited Yoga and Pilates Classes

Access to Fitness Trainers

Three 1 hour sessions with a personal trainer

Unlimited Group Cycling Classes

Unlimited Water Fitness classes

Unlimited use of Cardio Pool featuring Hydroids, Water Fitness Classes and Water Treadmills

Gymnasium with basketball courts and a rock climbing wall

Outdoor Aquatic Center with Water Park

Six Outdoor Tennis Courts

Babysitting Services while you workout

Complimentary Towel Service

Men's and Women's locker rooms both equipped with Steam and Sauna Rooms

Cardo Café

Member rates on all additional programs and services

The Corporate Plan

Each corporate membership package allows your employees to have full facility usage of the JCC for a discounted membership rate. The more employees that join under the corporate plan – the more of a discount the company or the individual employee receives.

Corporate membership packages will be active immediately for one year from the date of purchase with no joining fee. All employees must join at the same time to be eligible for the discounted rate. You must have a minimum of 5 employees to qualify for a corporate discount. All employees may upgrade their memberships at any time to include their spouse, children or family for an additional fee. Each corporate membership is renewable each year. Each individual employee is required to fill out a JCC membership application form and physical activity readiness questionnaire. Note: Memberships are transferable if company is paying the membership dues.

2007 Corporate Membership Package Options 5 or more employees and the employee pays, the rates are as follows:

Membership Categories	Monthly	Annually	Savings per year
Individual	\$42.00	\$504.00	\$182.00
Family	\$60.00	\$720.00	\$230.00

2007 Corporate Membership Package Options 10 or more employees and the employer pays, the rates are as follows:
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Membership Categories	Monthly	Annually	Savings per year
Individual	\$37.00	\$444.00	\$242.00
Family	\$52.00	\$624.00	\$326.00

2007 Payment Options

Payment in Full

Monthly Bank/Credit Card Draft

- Payroll deduction by company
- Employer pays total cost

Facility Highlights



Lobby

Membership Service Desk
Program Information including Group Exercise, Fitness Information, Gymnasium and Sports Schedules, Swim Lessons
Water Fountain
Lounge Area
Cardio Café
Drink & Snacks for sale

Fitness Center

Complimentary Towel Service
Cybex Free Weight Equipment:
State-of-the-Art Cybex Eagle Restive Strength Equipment: 27 Cardiovascular Equipment pieces including Life Fitness Treadmills, Life Fitness Cross Trainers, Precor Ellipticals, Cybex Arc Trainers, Life Fitness Upright Bikes, Life Fitness Recumbent Bikes, Stairmaster, and Stairmaster Stepmills
Abdominal Floor Area with resistance balls and medicine balls
Cardio Theatre
Personal Trainers

Indoor/Outdoor Pools

Outdoor Water Park
Hydroriders (Group Cycling)
Aqua Arthritis Classes
Aquacise
Deep Water Jogging
Swimming Lessons
Stroke Improvement



Group Exercise

Group Cycling
Yoga and Pilates
Beginner Step, Cardio Pump, Boxing, Blast, Stability Ball, 20/20/20, Stretch & Tone, J Pump, Muscle Mix Bands, resistance balls, steps, weights, floor mats

Gymnasium

Full Size Adult Basketball Courts
Volleyball Equipment
Basketballs and Volleyballs are available

Men's/Women's Locker Rooms

Extra Large Lockers
Showers
Sauna
Steam Room
Weighing Scale
Bathroom Stalls and Sinks

Babysitting

Babysitting area for ages 12 Weeks to 5 years
Indoor Adventure Center
Infant, Toddler and preschool area

The Zone

Pool, Ping Pong, Foosball Tables
Computer Lounge
Extra Large Television



Outdoor Areas

Tennis Courts
Miniature Golf