

HARVEST YOUR STRENGTH

הַזֵּרְעִים בְּדִמְעָה בְּרִנָּה יִקְצֹרוּ

*“Those who sow in tears - and sweat - shall reap with joy.”
Inspired by Psalms 126:5*

Fall is officially here, and after spending September counting what matters, October is a chance to see what all that effort has grown into. This month’s theme celebrates the progress you’ve already made while challenging you to dig a little deeper, try something new and discover what else you can grow. Strength doesn’t appear overnight. It grows through the workouts you complete, the laps you swim, the healthy choices you make, the times you show up when you really didn’t feel like it—and even the days you choose to rest and recover. This month be proud of what you’ve grown, but don’t stop growing.

OCT. STRENGTH TRACKERS



Grab one of our new trackers in the Fitness Center or Pool and set some goals for the month. Start on October 1 by establishing a baseline in an activity like push-ups, pull-ups, planks, farmer’s carry, squat/leg press, etc. and then check at the end of the month to marvel at the change in strength you’ve harvested.

NEW GROUP FITNESS CLASSES

Mat Pilates

Saturday | 9:30 – 10:30 am (Begins Oct. 3)

Build core strength, improve posture and increase flexibility through controlled, low-impact movements performed on a mat. This all-level class focuses on alignment, balance and total-body strength, with modifications offered throughout.

Foam Roll + Release

Saturday | 10:45 – 11:45 am (Begins Oct. 3)

Support muscle recovery, release tension and improve mobility in this guided foam-rolling class. Learn techniques to target major muscle groups and help your body move and feel better. All levels welcome.

Yin Yoga

Sunday | 8:15 – 9:15 am (Begins Oct. 4)

Slow down and unwind with long-held, floor-based poses designed to gently stretch the body, release tension and improve flexibility and mobility. This calming, all-level class encourages relaxation and mindful breathing.

Tel Aviv Sweat

Monday | 11 am – noon (Begins Oct. 5)

A high-energy strength + HIIT workout inspired by the energy of Tel Aviv. Expect weightlifting, cardio bursts, Israeli beats, and a seriously good sweat. Modifications are available, but prior fitness experience is recommended. Come for the workout. Stay for the vibe!

PUMPKIN EXTRAVAGANZA at the J POOL

October 24 & 25 @ 3-4 PM



Pumpkins in the Pool ?! ‘Nuff Said! Join us for pumpin relays, push challenges, a floating Pumpkin Patch, and even Bobbing for Pumpkins in this Fall fitness meets Halloween silliness event that you won’t want to miss.

CELEBRATE OUR 2026 MACCABI ATHLETES & LEARN ABOUT 2027



Join us on **Sunday October 4 at 2 PM** for photos, stories and highlights from this past summer’s Maccabi Games in Kansas City. Meet some of this year’s student athletes and then learn about what’s ahead for 2027!

BOLLYWOOD-STYLE DANCE FITNESS COMES TO THE J



This new premium fitness class starts Thursdays 10/22 7-8 PM. First class is free, paid as of 10/29

Experience an electrifying full-body workout where music meets muscle. **BollyFolk Fitness** targets every major muscle group through light-weight, high-rep sculpt routines and heart-pumping bursts. Set to an irresistible mix of vibrant cultural rhythms and trending beats, it never feels like a traditional workout!

