

# What's Included in the Seiden Wellness Center?

Seiden Wellness Center is a premium membership add-on that features exclusive equipment and world-class trainers in an upscale, personalized atmosphere.

Amenities	Upgraded Seiden Experience
Steam Room	✓
Sauna	✓
Towel Service	✓
Personal Locker	✓
Tea and Coffee Bar	✓
<b>3 Complimentary Services*</b> *Personal Training Session, *Spa Services, *Pilates Training *Swim Lesson *Basketball/Tennis Lesson	✓
Relaxing Lounge	✓
Private Gym	✓
Seiden Express Classes	✓
Adults Only (21+)	✓
Toiletries	✓
Community	✓
Personalized experience and attention	✓
One (1) Free Guest Pass per Month	✓

## Upgrade Now!

For more information, email [Membership@jccotp.org](mailto:Membership@jccotp.org) or call 201.408.1445

# Member Testimonials

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**The J is a wonderful place to exercise, meet new friends and enjoy your family!**

*Judy Mouldovan*

**Amazing facilities. Tons of things to be involved with.**

**A very nice community.**

*Andrea Cancro*

**The staff is very friendly, knowledgeable and always available to assist with your needs. The facilities are amazing and very clean. And, I love being able to workout and eat all in one place. Thanks JCC!**

*Mitchelle Foont*

**All the assistance you get. How well maintained the facility is. Plus all the different activities that are offered.**

*Helene Birk*

**A very friendly and supportive environment to work out at the gym and to work with a super knowledgeable personal trainer. Also the music school offers lots of good concerts!**

*Brian Park*

**I've been a member for decades and love the JCC, a place for EVERYONE to enjoy exercising, classes, nursery school, music school, summer fun and so much more.**

*Rella Feldman*

**Great programming for the kids, wonderful facilities and friendly, responsive staff!**

*Jamie Hirsch*

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