

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	✓
2 Complimentary Services* *1 Personal Training or Pilates Session AND *1 Select Spa Service	✓
Relaxing Lounge	✓
Private Gym	✓
Seiden Express Classes	✓
Adults Only (21+)	✓
Toiletries	✓
Community	✓
Personalized experience and attention	✓
One (1) Free Guest Pass per Month	✓
Recovery Room with Normatec Compression Boots	✓

*Seiden members receive complimentary services after 12 months of consecutive membership.

Upgrade Now!

For more information, email 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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