



EVELYN RUBENSTEIN JCC
HOUSTON



J-Boot Camp Academy

Weekly Group Workouts for Teens

Tuesdays | 6:00 PM-7:00 PM | March 1-May 3

Calling all teens! Join our newest exercise class specifically for high school-aged young people. This program is designed for teens who want to get in shape for spring and summer sports leagues or take their fitness to the next level.

Participants will be challenged to improve their baseline fitness levels in strength and aerobic capacity.

All participants will train together on a weekly basis. There will also be challenges for teams to complete on their own. Classes will take place at the Merfish Teen Center.

\$150 Member | \$225 Public

For more information, please contact
Robin Fortenberry at rfortenberry@erjcchouston.org or 713.595.8180.