

Publisher's Note

Milestones and Fitness Programming Evolution



2017 was a very big year for the JCCA and to celebrate the JCC Movement's centennial they launched the 100 Days of Summer Fitness Challenge, a summer long series of athletic events focusing on teamwork and healthy competition. And for those interested, we have posted a link to the final results at the end of the article.

There continues to be an array of new and unique programs coming from non-profit facilities. New ideas and training techniques keep the programming fresh and members coming back for more. Much of what we see at the Ys and JCCs increasingly include programming ideas that involve the entire family and sometimes even their pets. The newest from the Dallas JCC includes their recent "Farm to City Series," launching with their "Goat Yoga Harmony," (this issue's cover). Unique to say the least, we look forward to covering more of the programming series in our Spring issue.

With your help we continue to uncover the gems of health and wellness programming, so if you have a program that you would like to share with the OSF readers please contact us, innovation thrives on collaboration.

Until next time...

CEO/Publisher
OnSite Fitness



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