



The Peninsula’s premier health, fitness and aquatics center — offering superior programs, services and exclusive amenities

Byer Athletic Center (BAC) Hours

Monday – Thursday 5:00 am – 11:00 pm

Friday 5:00 am – 10:00 pm

Saturday & Sunday 7:00 am – 8:00 pm

Program and Service Highlights

- Certified professional fitness staff
- Childcare services
- Health and wellness programs
- Personal training
- Special member rates on PJCC programs and events
- JCC Rewards — *an exclusive rewards program*
- Sports leagues and recreation programs
- Youth programs
- Free WIFI internet access
- Café featuring local produce
- Bay Area Network Membership available
- Compliant with the Americans with Disabilities Act (ADA)

Aquatics Complex

- Three swimming pools:
 - **Outdoor Pool** Eight lanes, 25 yards, 3.5 – 5.5 feet deep with a 2.5 feet deep teaching area (water temperature 80 – 83°)*
 - **Indoor Pool** Four lanes, 25 yards, 3.5 – 5.5 feet deep with a 2.5 feet deep teaching area (water temperature 87 – 89°)*
 - **Kiddie Pool** 1 – 1.5 feet deep (water temperature 87 – 89°)*
- Swim lessons for all ages (6 months – adult)
- Lap, recreational and family swim
- Indoor jet-stream whirlpool (water temperature 103 – 105°)*
- Youth Swim Team for ages 5 – 18
- Adult Swim Clinics

**Temperature ranges adhere to national guidelines and are subject to fluctuations due to environmental conditions and programming requirements.*

Health and Fitness Complex

- Extensive cardiovascular and strength training equipment: *26 Treadmills • 2 Steppers • 4 Octane Seated Ellipticals • 17 Elliptical trainers • 4 Step mills • 6 Adaptive Motion Trainers • 4 Upright bicycles • 4 Arc Trainers • 7 Recumbent bicycles • 4 Rowers • 3 E-Spinner Upright bicycles • 2 Versaclimbers*
- Wide variety of strength training equipment including free weights, weight machines and more
- All cardiovascular equipment equipped with individual, flat-panel televisions
- Gymnasium for basketball, volleyball, badminton, rock climbing, ping pong and other sports
- Multiple group exercise studios featuring Zumba™, TRX®, yoga, indoor cycling, mat Pilates, barre, body sculpt, cardio-kickboxing, low impact aerobics and more
- Pilates Reformer training studio
- Circuit training and stretching areas
- Massage therapy and Spa services rooms
- Locker rooms with full amenities including towel service
- Complimentary day lockers with rental storage lockers available
- Sauna and steam rooms
- Adult lounge area with flat panel TV and free WIFI

Childcare • 650.378.2703

JCare: Age 6 Weeks – 8 Years old

A child-friendly developmental program for children.

Hours

Monday – Friday	8:00 am – 8:00 pm
Saturday	7:45 am – 3:00 pm
Sunday	7:45 am – 3:00 pm

Childcare Fees: (Minimum of one hour, maximum of two hours)

Infant (6 weeks – 24 months)

Member: \$5.00 per hour \$2.50 per half-hour after the first hour
\$80 per month / \$50 per month, sibling

Public: \$7.50 per hour \$3.75 per half-hour after the first hour

Child (25 months – 8 years)

Member: \$5.00 per hour \$2.50 per half hour after the first hour
\$80 per month / \$50 per month, sibling

Public: \$7.50 per hour \$3.75 per half hour after the first hour



Fitness Center Day Use • 650.378.2703

Guest Passes

A maximum of 10 guest passes may be purchased at one time. Center Members may bring a maximum of four guests per household, per visit.

	Child	Adult
Guest of Center Member or local JCC	\$10	\$15
PJCC Community Member / Public	\$30	\$30

Weekly Passes (Center Members only)

For family members visiting from out of town (more than 75 miles out of area; proof of residency required) or for college-age students visiting during holiday breaks. Passes must be purchased by Center Member.

Adults	\$40/week
Senior	\$35/week
Youth/Teen	\$30/week

Lockers

Adult-only large locker	\$45/month
<i>in Adult Private Room inside respective locker rooms</i>	
Kit Common Area Lockers	\$15/month

Personal Training* • 650.378.2727

Personal Trainer / Tier I	Member
One 60-minute session	\$84
Three 60-minute sessions	\$247
Five 30-minute / 60-minute sessions	\$235/\$392
Ten 60-minute sessions	\$752

Personal Trainer / Tier II	
One 60-minute session	\$90
Five 30-minute / 60-minute sessions	\$252/\$422
Ten 60-minute sessions	\$773

Master Trainer / Tier III	
One 60-minute session	\$95
Five 30-minute / 60-minute sessions	\$268/\$454
Ten 60-minute sessions	\$824

InBody Test	\$49
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*Please ask your personal trainer for Buddy Pack Training information

Group Exercise & Pilates • 650.378.2771 • pjcc.org/mindbody

More than 100 scheduled classes per week are complimentary for Center Members; see schedules at www.pjcc.org. Specialty classes, workshops and series are offered throughout the year at a nominal fee.

Private Pilates and yoga training are available upon request. Small Group Pilates classes are offered monthly for all levels of students. Contact pilates@pjcc.org for more information.

Aquatics • 650.378.2782

	Member	Public
Private Swim Lessons (One-on-one, 30-minute lessons)		
One 30-minute lesson	\$63	\$80
Five-pack	\$290	\$375
Ten-pack	\$567	\$720
Semi-Private Swim Lessons (Two students, 30-minute lessons)		
One 30-minute lesson	\$46/student	\$56/student
Five-pack	\$205/student	\$255/student
Ten-pack	\$414/student	\$504/student

Group Swim Lessons

Swim lessons for children ages 6 months – 12 years, teens, and adults begin the first of each month and are available days and evenings, seven days a week. Discounts on Public rates are available for group swim lessons to Foster City residents. For more information, call 650.378.2782.

Note: Community Members pay Public price

Skin Care Services • 650.378.2703 • pjcc.org/mindbody

Waxing	Length	Member	Public
Arm-Full	30 min.	\$31	\$31
Arm-Half	15 min.	\$26	\$26
Back/Maintenance	30 min.	\$57/\$41	\$57/\$41
Bikini	15 min.	\$41	\$41
Brazilian/Maintenance	30 min.	\$55/\$45	\$55/\$45
Brow Shaping	15 min.	\$21	\$21
Cheek	15 min.	\$16	\$16
Chest/Maintenance	30+ min.	\$46/\$36	\$46/\$36
Chin	15 min.	\$15	\$15
Combine 3 areas (face)	30 min.	\$41	\$41
Full Leg/Bikini	45 min.	\$75	\$75
Leg-Full	30 min.	\$52	\$52
Leg-Half	30 min.	\$36	\$36
Lip	15 min.	\$15	\$15
Under Arm	15 min.	\$25	\$25

Facials	Length	Member	Public
The Warm-Up	60 min.	\$79	\$94
Sun Lover's Facial	60 min.	\$79	\$94
Gentlemen's Facial	60 min.	\$79	\$94
Teen Facial	60 min.	\$79	\$94
Target Zone	75 min.	\$104	\$120
Advanced Level	90 min.	\$132	\$143

Add Paraffin Hand Waxing to your facial for \$5.

Add-on Facial Treatments

May be added to any 60-, 75-, or 90-minute facial

Eye Quattro	\$15	\$15
Microderm Polishing	\$15	\$15
Organic Peel	\$25	\$25

Facial Five-Packs

60 min.	\$363	NA
75 min.	\$505	NA
90 min.	\$636	NA

Mini Facials	30 min.	\$61	\$74
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Mini Facial Four-Packs

Organic Peel	30 min.	\$214	NA
Arctic Berry Peel	30 min.	\$250	\$300

Massage • 650.378.2703 • pjcc.org/mindbody

Swedish, Deep Tissue, Shiatsu, Sports, Acupressure, Cranial Sacral, Prenatal, and Lymphatic Drainage

30 min.	\$53	\$64
60 min.	\$79	\$94
90 min.	\$104	\$120

Add-on Foot Treatments

May be added to any massage

Foot Scrub	15 min.	\$30	\$30
Foot Wrap	15 min.	\$30	\$30
Foot Scrub & Wrap	30 min.	\$45	\$45

Massage Five-Packs

Available for 60- or 90-minute massages

60 min.	\$363	NA
90 min.	\$505	NA