



JR WELLNESS

JR values healthy lifestyles and is proud to offer rewards and opportunities that help you be active and connect with your team.

HEALTH CLUB MEMBERSHIP/REIMBURSEMENT

JR partners with South Shore Health & Racquet Club — southshorehrc.com — to offer special, JR-only memberships (amounts deducted from your paycheck):

Single membership \$7.50 per pay period

Family membership \$10 per pay period. In this case, family includes anyone who lives in the same household

Employees are eligible to sign up for this membership on a quarterly basis. If interested, see Human Resources to register for the next enrollment.

If South Shore Health & Racquet Club isn't the right fit for you, JR offers a health club reimbursement program. **This program allows employees who have a one-year membership at a health club to be reimbursed for up to \$75 per calendar year.** To receive reimbursement, submit a receipt to the accounting department.

JR CYCLING CLUB

Cyclists of all fitness levels are invited and welcome to join the JR Cycling Club! This club's overarching goal is to promote a fun, safe and social option for people to pursue a fitness hobby while enjoying the beautiful outdoor landscape. In 2018, the club aimed to prepare riders to participate in the annual Apple Cider Century in Three Oaks, Mich.

The club schedules "no-drop" rides on Fridays at lunch during warmer months, after work on Mondays, various weekend mornings and other special occasions. A "no-drop" ride means that regardless of one's fitness or ability level, an experienced cyclist will ride with you to ensure safe travel and arrival, so everyone is included and supported. Saturday rides include options that best match the fitness/ability levels of those riding.