

# More In and Around the JCC

## WORKOUT!



**Workout!** An exercise program incorporating dance, yoga, calisthenics, flexibility, centering and stretch. A class worked to upbeat music designed to balance strengthening and stretching exercises. Special concentration is placed on problem areas such as abdomen, hip and thighs. Each class is taught by a trained instructor who exercises with you, demonstrating Workout! techniques. Students are encouraged to work at their own pace and to increase the level of difficulty as they become stronger and more supple. Workout!...a fun way to get and keep in shape.

Workout! is owned by Lorne Lassiter Boatright who has extensive early training in classical ballet. She has a B.A. from Sweet Brier College and performed with the modern dance troupe there. Before moving to Charlotte, she was a certified exercise instructor for the Arden Zinn Studios in Atlanta, Georgia.

**CLASS SCHEDULE (Pick any two classes)**

Monday	6:00 p.m. 7:30 p.m.
Tuesday	9:15 a.m. 10:30 a.m.
Wednesday	6:00 p.m. 7:30 p.m.
Thursday	9:15 a.m. 10:30 a.m. 6:00 p.m. 7:30 p.m.

Classes begin the week of September 14 and continue for 12 weeks. To register, pick two classes per week and fill out the registration form below. Send it with your fee to the JCC.

Instructors: Lorne Lassiter Boatright and certified Workout! Instructors  
 Fee: \$30 Members; \$45 Non-members (2 classes per week for 12 weeks). Minimum needed for any of the above classes to be held is 10 people. For further information, called Sara Schreiber at the JCC (366-0357).

## Community Bowling League

Plans are now being made to organize a Bowling League for all interested people in our community. The JCC is organizing this league with Centennial Lanes on South Boulevard.

With a minimum of 10 teams (40 people) Centennial Lanes will help organize the League and guarantee the Jewish community a rebate of \$1040 at the end of the 35 week season. The idea is to turn the money over to the Community Project.

The cost each week will be \$3 to bowl three games, a jackpot fee of 75¢ to be retained by the secretary (to be chosen) to purchase awards and trophies, and a 15¢ - 25¢ fee to the secretary for keeping all records for the league.

A nursery is available for those needing it at the lanes.

To introduce the league to interested people, Centennial Lanes will offer a free bowling party on August 19th at 9:30 a.m. The party will be held at Centennial Lanes, 4501 South Blvd.

Included in this free morning of fun will be shoes, bowling and light refreshments.

Attending this affair is no way obligates you to join the league although the details of the league will be discussed at this time.

So that an adequate number of lanes can be reserved, please indicate below whether or not you plan to attend and return this form to Sara Schreiber (c/o Jewish Community Center, P.O. Box 220188, Charlotte, N.C. 28222) by August 14.

I will attend and will bring \_\_\_\_\_ guests.  
 I am unable to attend but will join the league.  
 I will need the nursery for \_\_\_\_\_ children.

NAME _____	PHONE _____
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**JCC MEMBERS ONLY**  
 Discount tickets (\$2.50) available at "J" office for theaters at EASTLAND, SOUTHPARK, and CHARLOTETOWN.

**PLAY BINGO at the JCC**  
**Tuesdays 7:30 p.m.**  
**Early Bird Special**

## Adult Classes

The Adult class schedule will appear in the September issue of the *Charlotte Jewish News*. The adult department is preparing a fantastic selection of classes for your enjoyment and stimulation. Classes such as Breadmaking, Bridge, Yoga, Creative Sewing, Exercise ("Workout"), C.P.R., Lecture Series, Ceramics, Food Processor and many more will be offered beginning the first week of October.

Many requests have come in regarding offering classes at night for those who are unable to attend classes during the day. We are trying to offer as many of the adult classes as possible during the evening hours. Please read the schedule carefully when it comes out and you'll find an excellent selection of classes being offered between the hours of 7 and 10 p.m. A minimum of eight is necessary for a class to take place so we ask that you register as soon as possible for a class you're interested in.

Specific classes can be arranged at any time if there are eight people interested. If you have an interest in a class you'd like to see offered this fall, call Sara Schreiber at the "J" (366-0357).

## Fall Gardening

Ted Caudle, County Farm Agent, will be doing a session on Fall Lawn Care and Gardening at the JCC on September 17 at 8 p.m. Mark this date now on your calendar. Watch for further details in next month's issue.

## Tennis

Challenges for Queen City will be held this month. Please check list at tennis court bulletin board. Rules will be posted. For further information contact: Bernice Russo (364-7996); Barbie Weiner (542-1942).

NAME \_\_\_\_\_ PHONE \_\_\_\_\_  
 ADDRESS \_\_\_\_\_ ZIP \_\_\_\_\_ MEM/NON-MEM \_\_\_\_\_  
 AMOUNT ENCLOSED \$ \_\_\_\_\_  
 DAY \_\_\_\_\_ TIME \_\_\_\_\_  
 1. \_\_\_\_\_  
 2. \_\_\_\_\_  
 Mail to the JCC, P.O. Box 220188, Charlotte, N.C. 28222

**The Jewish Calendar**  
**CANDLELIGHTING**

August 7 - 7:21 p.m.  
 August 14 - 7:14 p.m.  
 August 21 - 7:05 p.m.  
 August 28 - 6:56 p.m.  
 August 8 - (sundown) thru  
 August 9 - (sundown)

TISHA B'AV

**LOOSEN UP!**

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**ANNOUNCING NEW SUMMER HOURS**  
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 SUNDAY 12 - 6 p.m.

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