



The Jewish Community Center



FITNESS

Personal Training

Personal Training emphasizes individuality and progressiveness in exercise programming. Sessions include warm-up, stretching instruction, muscular strength and endurance, aerobic/cardiovascular strength and endurance, and cool down. Sessions last between 45-60 minutes, unless otherwise arranged. Ask the fitness staff about sharing a personal trainer or training in half hour sessions.

Silver/Health Club Members

- 1 session - \$40
- 4 sessions - \$35
- 10 sessions - \$30

General Members

- 1 session - \$45
- 4 sessions - \$40
- 10 sessions - \$35

Awareness Through Movement

The Feldenkrais Method

This class is designed to enhance any activity you are currently involved in, such as aerobic conditioning, weight training, or any program for disability. You can prevent the likelihood of reoccurrence of an injury or help prevent new injuries.

Session III; Sitting More Comfortably: 11/29, 12/6, 12/13, 12/20

- Member \$28.00/session
- Non-Member \$40.00/session
- Drop-In Member \$9.00/class
- Drop-In Non-Member \$12.00/class

YOGA

Join Larry Schuster Wednesday nights for rejuvenating Hatha Yoga. Classes are designed for all

ages and levels of fitness. Please bring beach-size and hand towels to class. Classes start at 7:45 p.m. and end around 9 p.m. and are held in the aerobics room (upstairs).

Session III: 11/1 - 11/29

- Members \$45.00
- Non-Members \$60.00

Session IV: 12/6 - 12/20

- Members \$27.00
- Non-Members \$36.00

Drop-in fee

- Members \$10.00
- Non-Members \$12.00

EARLY BIRD Mon, Wed, Fri 6:30 a.m. - 7:30 a.m. Join us for a warm up, followed by 35-40 minutes of step aerobics, and finish with 15-20 minutes of toning and flexibility work. Intermediate to Advanced.

AEROBICS COMBO - Tue, Thu 8:00 a.m. - 9:00 a.m. This fun and upbeat class combines medium-impact and step aerobics. All Levels.

STEP IT UP - Mon, Wed, Fri 9:15 a.m. - 10:05 a.m. This class includes a warm up, stretch, and step work out. For those bringing children, remember that babysitting is available for as low as \$1.50 per child. All Levels

HI/LO COMBO - Tue, Thu 9:15 a.m. - 10:05 a.m., Sat 3:30

p.m. - 4:30 p.m. Join us for a warm up, stretch, and aerobics that will keep you cross-conditioning throughout the week! Beginner to Intermediate

TOTALLY TONED - Mon, Tue, Wed, Thu, Fri 10:05 a.m. - 10:30 a.m. Come and get 25 serious minutes worth of abdominals, legs, and upper body work. All Levels.

FITNESS SAMPLER - Tue, Thu 11:00 a.m. - 11:45 a.m. For pliable, playable, workable bodies, experience Bonnie Prudden stretches, ballet and Hawaiian dance plus Anne Yudell's creative fitness program augmented by classical music. Treat yourself to this fitness sampler! All Levels.

LUNCHTIME CHAMPION CHALLENGE - Mon, Wed, Fri 12:00 noon - 12:45 p.m. This class is fast-paced and super intense. Medium to high impact and challenging makes this class a must on the menu! Intermediate/Advanced

AFTER SCHOOL SPECIAL - Tue, Thu 4:30 p.m. - 5:30 p.m. This energetic, cross-conditioning class is perfectly timed for those teenagers who want to exercise after school, but want a different option than the traditional team sports. No two classes will be just alike, but they will all be challenging. Intermediate.

Aerobics Fee Schedule

	Members	Non-Members
1 Class Pass	\$ 6.00	\$10.00
1 Month Pass	\$32.00	\$54.00
3 Month Pass	\$ 80.00	\$140.00
6 Month Pass	\$140.00	\$250.00
1 Year Pass	\$220.00	\$450.00
Jacki's Dance only	\$ 21.00	\$ 32.00

November, 1995 Schedule for the Chai Group

Please contact Sue Klein for more info and reservations at 366-5007.

Thursday, Nov. 2 - VCR movie at the JCC

Monday, Nov. 6 - Rabbi Gerber will speak to the Chai Group

**** Date Change ****

Wednesday, Nov 8 - Visit to the First United Methodist Church for "First at Noon" series featuring comic juggling by the Feticcini Bros.

Monday, Nov 13 - Dorothy Ashendorf will talk about current events

Thursday, Nov 16 - Temple Israel program "Art of Jewish Aging". Please RSVP to Dorothy Rosenblatt 365-7786.

Monday, Nov 20 - Elise Rosenberg from Jewish Family Services on getting through the holidays.

Thursday, Nov 23 - Thanksgiving Day (program closed)

Monday, Nov 27 - Bill Burton will take us to Scotland

Thursday, Nov 30 - Intergenerational program between the Chai group and the Pre-K class.

Lunch Schedule for November, 1995

Thursday, Nov 2 - Hearty fish chowder

Monday, Nov 6 - Baked Chicken

Wednesday, Nov 8 - Picnic lunch

Monday, Nov 13 - Fresh Fish

Thursday, Nov 16 - Lunch at Temple Israel

Monday, Nov 20 - Thanksgiving dinner with all the trimmings

Thursday, Nov 23 - No Lunch

Monday, Nov 27 - Veal Stew

Thursday, Nov 30 - Juanita's meatloaf

JACKI'S DANCE - Mon, Wed 6:15 p.m. - 7:15 p.m. This dance class includes a warm-up and toning segment then it's onto choreographed dances with elements of jazz, ballet, modern, country, and funk for a fun and firming way to cardiovascular condition. All Levels.

SLIM GYM* - Mon, Wed 6:30 p.m. - 7:20 p.m. This high-low combo class takes it to the courts. Blow out your work-related stress in a fun, open atmosphere. All Levels *held on basketball court in gym.

SUPER STEP - Tue, Thu 6:30 p.m. - 7:20 p.m. This class will have your heart rate up in no time. Made more challenging for the experienced stepper. Intermediate/Advanced

BODY BONUS - Mon, Tue, Wed, Thu 7:20 p.m. - 7:45 p.m. This sculpt class will be held in the aerobics room right after the 6:30 p.m. class. Don't miss this segment of strengthening and toning all those trouble spots! All Levels

BREAKFAST CLUB - Sun 9:45 a.m. - 10:45 a.m. This combination of simultaneous aerobic and strength training is optimal for those who want to burn fat, and also maintain or increase their muscle definition. All Levels.

Guest Aerobics

Instructor Program:

Come check out the latest in the aerobics industry each month at the J! A guest instructor will teach a class the third Wednesday of each month at 6:30 p.m. Join us on the basketball court for a totally different way to work out!

FLU SHOTS

Sign up now !!!

The Community Health Services will be at the JCC on Thursday, Nov. 9, 1995 between 11:30 AM and 12:15 PM to administer Flu shots and Pnuemonia vaccines.

FLU SHOTS

All people at risk (the elderly, people with chronic illness, persons in contact with seniors or children, etc.) are encouraged to receive a flu shot. There is no charge to those persons who have a Medicare B card and all others will be charged \$10.00.

PNEUMONIA VACCINE

The Pnuemonia vaccine is given only once in a lifetime. A doctor's note is required in order to receive this vaccine for those younger than 65. The vaccine is free to those who have a Medicare B card and the charge to others is \$20.00.

SIGN IN SHEET FOR FLU SHOT WILL BE AT THE FRONT DESK.

SINGLES

FABULOUS FALL DANCE

Saturday, Nov. 11, 1995

8:00 pm - Midnight

JCC - Gorelick Hall

Evening includes: Open bar w/ mixed drinks, beer, wine-open all night, Hot & Cold hors d'oeuvres catered by Cathy Surratt, Dancing the night away with D.J. "Captain Sam". Meet Jewish Singles from all over North & South Carolina and have more fun than you thought possible! Cost is: \$20 in advance/\$25 at the door

NOVEMBER HAPPY HOUR

Wednesday, Nov. 15

at 6:30 pm

Village Tavern Restaurant, Rotunda Building

35+ THEATER EVENING

Wednesday, Nov. 29

at 6:00 pm

Meet at 30th Edition - 30th Floor Two First Union Center. Enjoy hors d'oeuvres and a wonderful view of the city before walking over to the Blumenthal Center to see "Crazy For You", part of the Broadway Lights series (orchestra-level seats). Cost is \$35 for singles' members and \$38 for non-members, which includes hors d'oeuvres, parking, and a ticket to the show. You MUST pay in advance for your ticket!

ICE SKATING PARTY

Thursday, Dec. 7 at

7:30 p.m.

Eastland Mall's Ice Chalet
Relive your childhood with one hour of skating, then enjoy a "party sub" from Subway, the best mall food there is! Cost is \$8, which includes skate rental and food.

DINNER FOR SIX

Dinner for six is a unique approach to meeting new people. Three men and three women are matched up (based on a confidential questionnaire) for one dinner party. There is a minimal registration fee. Participants are responsible for the price of the dinner and tip. If you are interested, please check box above to receive more information!

For More Information

Please call
Becky Cohen
at 366-5007,
ext. 203

SENIORS

AARP Presents: 55 ALIVE - Mature Driving

This is your chance to take AARP Driving Skills at the JCC.

This is a new edition of the AARP Driving Skills Class!! Insurance companies throughout the U.S. will lower your rate for taking this class.

These classes cover skills, laws and regulations you need to be a safe driver. Pre-registration is required for the program.

Min 8/Max 22

Cost is \$8.00

for 2-day class

(Checks are payable to AARP)

NOV. 28 - 10:00am - 2:00 pm

NOV. 30 - 10:00am - 2:00 pm