

Sports & Fitness

Community Basketball League

Sundays, 4-6pm, September 9 - November 4

Howard R. Levine Gymnasium

Play basketball in the fall. Continue to work on your game before winter season begins. Enter as a team or sign up individually. For teens in grades 10-12. For more information, call Stephanie Garner at 704-944-6743 or stephanie.garner@charlottejcc.org.

Members: \$100 Benefactor: Free Non-member: \$120

Teens Too Fitness Class: BEAST

Wednesdays, 5-6pm, Swimmer Family Aerobics Studio

Finally, A fitness class for teens! This fast paced, fun and challenging class will begin with a warm up and drill, then move to speed, agility, strength and power movements drawn from various sports. Expect to burn lots of calories and have lots of fun. For more information, call Thea Winick-Turnbull at 704-944-6750 or thea.winick-turnbull@charlottejcc.org.

Ultimate Skills, Drills and Thrills

This is a new Group Training Series, Ultimate Skills, Drills, and Thrills is designed for fitness enthusiasts who are finding that their present fitness and strength program lacks interest, progression, improvement and results. Focus will be on form and improving coordination, speed, agility and strength. Every participant will receive a complimentary Functional Movement Screen and Body Composition Assessment. For more information, call Thea Winick-Turnbull at 704-944-6750 or thea.winick-turnbull@charlottejcc.org.

New Leaf Metabolic Testing

It's a fact that to lose weight you need to burn more calories than you consume. But how many calories does your body need each day and how many calories do you need to burn? With the New Leaf Weight Loss Training Program™, you learn your body's precise metabolic profile, the correct balance between the calories you consume and the calories you burn. Then, we teach you proper nutrition, correct meal planning and develop a dietary plan that is easy to follow. Get more from your diet and exercise! For more information, call Thea Winick-Turnbull at 704-944-6750 or thea.winick-turnbull@charlottejcc.org.

Want a \$100 Gift Card?

Membership Has Its Rewards!!

LJCC Membership Referral Program

Refer a new member to the LJCC, and receive a \$100 gift card. For more information call Marcia Lampert at 704-366-5007.

Enrichment

Ladies Night Out at the Spa

Tuesday, August 7, 6-8pm

Ageless Remedies Medical Skincare and Apothecary, Morrocroft Village (next to Borders)

Join us as we relax with mini-facials, chair massages, mini-microderm-abrasion, skin consultation, mineral make-up and much more! Refreshments and drinks will be provided. Space is limited, sign up quickly! For more information, call Jodi Valenstein at 704-944-6730 or jodi.valenstein@charlottejcc.org.

Member: \$10 Benefactor: \$6 Non member \$15

Cooking Class: Foods of Vietnam

Monday, August 20, 7pm

Charie Reid, a Johnson and Wales student and teaching assistant will show us how to cook the foods of Vietnam. The aroma of fresh herbs and wonderful spices will fill the room as we prepare roast duck, beef satay, noodle soup, rice pudding and much more. Don't miss this class! For more information, call Jodi Valenstein at 704-944-6730 or jodi.valenstein@charlottejcc.org.

Member: \$50 Benefactor: \$30 Non-member: \$60

Arts & Music

Shalom Park Community Theatre

Sunday, September 9: Auditions, 2-5pm, Gorelick Hall

Show Dates: November 16, 17 & 18, Gorelick Hall

Come be a part of the 1st annual Shalom Park Community Theatre Performance! This workshop will rehearse and produce a full-scale family musical with a cast of all ages. Sign up to be in the ensemble or audition for a part. Look out for more information this fall!

Fall Classes

- Drawing Duos - For All Ages (Sundays)
- Baby Signs® Parent Workshop (Monday, September 10th, 6 - 7:30pm (one day workshop)
- Toddler Time -Transitional Class (Monday or Thursday mornings, 2-4, years)
- Family Time (Sundays, 2-4 years with adults)
- Silly Songs & Storytime (Sundays, 3-5 years)
- Fashion Design (Sundays, 10 -13 years)
- Small Group and Private Piano Lessons featuring the Explore Piano Method (6 years - adult)

For more information on music and arts contact Aree Pearlman at 704 944-6792 or aree.pearlman@charlottejcc.org.



Fit for everyone.

Sandra and Leon Levine Jewish Community Center
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