



# March @ The J

Enriching Lives and Building Relationships through Quality Jewish Experiences

## Sports & Fitness

### Personal Training

Your fitness routine should be efficient, effective and consistent. The easiest way to spend your workout hour wisely is to invest in a personal trainer. The LJCC offers a number of training options including personal, semi-private and group training. Our trainers will provide you with the expertise, enthusiasm and motivation you need to make long-term positive lifestyle changes. For more information contact Thea Winick-Turnbull at 704-944-6750 or [thea.winick-turnbull@charlottejcc.org](mailto:thea.winick-turnbull@charlottejcc.org).

### Introduction to Yoga- Part 1

**Mondays, 7-8:30pm,  
March 3,10,17,24, Upstairs Dance Studio**

In this curriculum based series, we will cover standing poses, sun salutations, Sanskrit names of poses, the eight limbs of yoga, how to use props, beginner breathing techniques (pranayama), what poses do for those problem areas of your body and what to look for in a yoga teacher.

**Member: \$80 Benefactor: \$70 Non-member: \$90**

### Introduction to Yoga - Part 2

**Mondays, 7-8:30pm, March 31, April 7,14,28  
(no class 4/21), Upstairs Dance Studio**

You will learn various forms of meditation, bandhas, chakras, backbends and inversion poses. You will learn what are the common types of yoga styles and what to expect in a variety of classes. This series will be part lecture/discussion and part asana (poses) incorporating Part 1 material.

**Member: \$80 Benefactor: \$70 Non-member: \$90**

## Arts & Music

### Maccabi ArtsFest for Teens

**Minneapolis, Minnesota August 17-22**

Teens can learn about costume design, creative writing, dance, filmmaking, acting, music, photography, art and more! Register today by contacting Aree Pearlman at 704-944-6792 or [aree.pearlman@charlottejcc.org](mailto:aree.pearlman@charlottejcc.org).

### Adult Improv Group

**Tuesdays, 7:00-8:30pm (4/1-5/6) Performance May-13.**

Join the troupe for a 6-week workshop. Perform for your friends and family at the end of the 6 weeks. For more information, contact Aree Pearlman at 704-944-6792 or [aree.pearlman@charlottejcc.org](mailto:aree.pearlman@charlottejcc.org).

## Wellness

### Total Health Tuesday & Thursday

**Tuesdays & Thursdays, 10am-1pm & 2-5pm,  
Health & Wellness Center**

#### By appointment

We will be offering blood pressure screenings, glucose checks, select vaccinations, body fat composition testing, health risk assessment, and individualized consultations with our CMC RN. Certain procedures will involve cost.

### Cholesterol Screenings

**Tuesday, March 25, 6-10am, Health & Wellness Center**

Do you regularly check your cholesterol? If not, you can have it checked on the last Tuesday of each month. Be sure to fast 12 hours before the test and make an appointment with the registered nurse.

**Cost: \$25**

**For more information on wellness programs,  
contact Katherine Bilbro, RN at 704-944-6756  
or [Katherine.bilbro@carolinashealthcare.org](mailto:Katherine.bilbro@carolinashealthcare.org)**

## Children & Family

### School's Out/J's In: K-5

**March 24 - Zuma Fun Center**

**March 25 - Nature Museum/Freedom Park**

**9:am-4:pm, Am Care: 7:-9am, Pm Care: 4-6pm**

Join us as we go on exciting field trips or bring in great special activities just for you. Bring a bathing suit and towel each day. Sign up early before all the spots are gone! Program meets at Camp Mindy. For more information, contact Mark Di Donato at 704-944-6738 or [mark.didonato@charlottejcc.org](mailto:mark.didonato@charlottejcc.org)

**Member: \$55 per Day**

**Benefactor: \$33 per Day**

**J Team: \$30 per Day**

**Non-member: \$65 per Day**

**Am Care: \$5 per Day**

**Pm Care: \$5 per Day**

### Girl's Just Want To Have Fun: Games, Games, Games (3rd-5th) & Kids Night Out (K-5)

**Saturday, March 29, 7-10pm**

For program information on Girls, contact Micki Knop at 704-944-6736 or [micki.knop@charlottejcc.org](mailto:micki.knop@charlottejcc.org). For information on Kids Night out, contact Mark Di Donato at 704-944-6738 or [mark.didonato@charlottejcc.org](mailto:mark.didonato@charlottejcc.org)

**Member: \$20 per program**

**Benefactor: \$12 per program**



**Fit for everyone.**

**Sandra and Leon Levine Jewish Community Center**  
5007 Providence Road | 704.366.5007 | [charlottejcc.org](http://charlottejcc.org)

