

Sports & Fitness

Group Training at the LJCC

It's time for a little fitness maintenance to get ready for summer. The LJCC Small Group Training workouts can help you get in shape quickly. Tone your body, increase your strength and cardiovascular capacity in an hour that's packed with cardio intervals, resistance training and core conditioning. For more information, contact Thea Winick Turnbull at 704-944-6750 or thea.winick-turnbull@charlottejcc.org

Member/Benefactor: \$ 150/6 weeks Non-member: \$ 180/6 weeks

Weight Loss Naturally

Tuesdays, April 15 – May 20, 7-8pm

Learn how to choose healthy nutrition and regular exercise, control cravings and stress that allow excess weight to melt away naturally. Class is 6 weeks. For more information, contact Jenny Hansen at 704-944-6871 or jenny.hansen@charlottejcc.org

Member: \$90 Benefactor: \$54 Non-member: \$120

Community Blood Drive

Sunday, April 6, 9am-12pm, Gorelick Hall

Help us make sure enough blood is available for everyone - every day. Please donate the Community Blood Center of the Carolinas. For more information, contact Katherine Bilbro, RN: 704-944-6756 katherine.bilbro@carolinashealthcare.org.

All participants will receive a free T-shirt

Children & Teens

CMS Spring Break Camp: K-5th Grade

April 7th – Young Chefs Academy

April 8th – Lazy 5 Ranch

April 9th – Pump-It-Up

April 10th – Zuma Fun Center

April 11th – IMAX

All Programs: 9:00 am-4:00 pm

Camp Mindy Activity Center 1

Join us for a week of spring fun and excitement. Each day will include a field trip or special activity, arts and crafts, sports, swimming, cooking, and plenty of friends and fun. Please bring a bathing suit and towel.

For more information, contact Mark DiDonato at 704-944-6738 or mark.didonato@charlottejcc.org

Member: \$55/Day Benefactor: \$33/Day Non-member: \$65/Day
AM Care: 7am-9am (\$5 per day) PM Care 4pm-6pm (\$5 per day)

Enrichment

Cake Decorating for Beginners

Wednesday April 2, 16, 30 & May 7, 7-9pm

Weinberg Adult Center

Come learn the fundamentals of cake decorating, including how to smoothly ice a cake, apply different borders. Instructor Penny Cunningham, formerly of Edible Arts, has been decorating cakes since 1982.

Member: \$80 plus \$15 supplies

Benefactor: \$48 plus \$15 supplies

Non-member: \$90 plus \$15 supplies

Ladies Night Out

Tuesday, April 15, 6:30 pm, Neiman Marcus – Southpark Mall

Don't miss this exciting evening as we are pampered at Neiman Marcus! Experience a mini facial in their spa room, followed by a personal color consultation demonstrating what key products are appropriate for creating a flawless face. Light appetizers and wine are included!

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

Israeli Cuisine Cooking Class

Thursday April 17, 7-9pm

Dumas Activity Center at Temple Beth El

Learn how to cook authentic Israeli food with chef Tany Hasmoney from the Art Institute of Charlotte's Culinary School.

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

For more information on these programs, contact Jodi Valenstein at 704-944-6730 or jodi.valenstein@charlottejcc.org.

Teen Programs (6th-8th Grades)

Jammin at the J: Saturday, April 5

Middle School's Out, J's In: SPRING BREAK!

Monday, April 7: Let's Get Creative

Tuesday, April 8: Mini Golf & More

Wednesday & Thursday, April 9 & 10: Experience Atlanta (overnight)

Friday, April 11: The World Outdoors

Teen Summer Camp Registration now taking place!

For more information on these programs, contact Crista Cohen at 704-944-6739 or crista.cohen@charlottejcc.org.



Fit for everyone.

Sandra and Leon Levine Jewish Community Center
5007 Providence Road | 704.366.5007 | charlottejcc.org