

Sandra and Leon Levine
Jewish Community Center
5007 Providence Road
Charlotte, NC 28226
704-366-5007
charlottejcc.org
facebook.com/levinejcc

There's something for everyone at the J! November 2012

FALL IS FOR FITNESS & FAMILIES!

Group Exercise Class
65+ classes offered each week (included in your membership!)



Exercise made FUN!

**Yoga • Zumba® • BalLean®
Mat Pilates • Cardio Sculpt
Athletic Conditioning • Cycle
Jacki's Dance • Cardio Groove
Kickboxing • Kettlebells
...& more!**

Pick up our latest schedule at the Levine JCC Customer Service Desk, Membership Office or the David Silverman Fitness and Wellness Center. Or visit us online at www.charlottejcc.org



Lyn Addy Group Exercise Coordinator
704-944-6870 lyn.addy@charlottejcc.org
Tim Whitener Fitness Director
704-944-6867 tim.whitener@charlottejcc.org

For ALL Ages!

JCC JAWS Swim School

- Group or Private Swim Lessons begin the first week of November. *It's not too late to register!*
- Bubble Birthday Parties
- Water Aerobics Classes
- Aquatics Personal Training
- Aquatic Therapy!

Questions? 704-944-6746 or casey.bogarad@charlottejcc.org

2012 SWIM-A-THON!
Sunday November 4 • 10am-6pm
We need your support... Come see how many laps we can swim!

Join our Winter Swim Team
January 7 - March 14
2013

YOUTH (Grades 5-10)

Come experience a structured circuit workout including:

**Core
Agility
Speed
Strength
FUN!**

7 Week Program: OCT 29 - DEC 14
Mon-Thu 3:30-5pm (40 min. workout)

Registration a MUST! (No drop-ins) Participant must indicate day/class they are signing up for.

1x per week: M/\$84 B/\$73 NM/\$105
2x per week: M/\$140 B/\$120 NM/\$168

Workout Locations:
M/W/Th - Upstairs Aerobics Studio
Tu - Espresso Bike Room

Cathy Bennett 704-944-6874
catherine.bennett@charlottejcc.org

November Challenge - We need YOU!

Espresso Bike STAFF Driven Challenge!
November 1-30

We need YOU... Donate your Espresso® Bike miles to a staff member & help them rise to the top!

Sign up with one TODAY:

- 1 Lyn Addy
- 2 Jen Lahn
- 3 Susan Rubenstein
- 4 Dan Vizzini
- 5 Jessica Myers
- 6 Stephanie Garner
- 7 Greg O'Connor
- 8 Shannan Shaffer
- 9 Casey Bogarad
- 10 Cathy Bennett

Each of these staff members will have a group of members representing them and accumulating miles during the month. The miles will go into that staff person's "account" and at the end of the month the group with the most miles wins!

JCC Charlotte **Espresso**

Questions? 704-944-6867
tim.whitener@charlottejcc.org