**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!

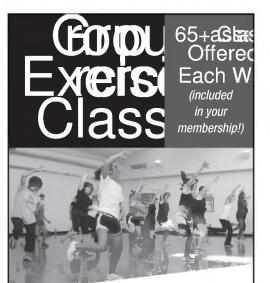
November 2012

## LEVINE JCC HOLIDAY HOURS

Thursday, November 22 Thanksgiving Day 8am-1pm

> Friday, November 23 5:30am-5pm

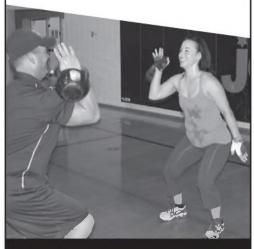
# fall is for fitness & families!



### **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



#### **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-THONS

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



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 - Expresso Bike Room

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



tim.whitener@charlottejcc.org