

We all help shape the J

(...and YOU!)



Levine JCC Group Exercise Instructors (left to right): Katrina Nichols, Rebecca Levy, Patty Andrews, Diane Weigel, Linda McAfee, Suzanne DiOrio, Alison Stellner, Tara Meek, Lyn Addy

The *Bodyworks* class has shared the past 7 years of my life. We have shared births, deaths, sickness and joy. They inquire about members when they aren't there. They have become an extended family and truly care for each other as family.

– Linda McAfee

We celebrate each other's triumphs and support each other through life's challenges. And some of us have been dancing together for a long time. I started teaching in 1979, when Temple Beth El was on Providence Road and the LJCC was on Sharon Amity. We have a "social director" who coordinates monthly lunch dates so we can get to know each other better. LJCC members rock! I feel very fortunate to be a Group EX instructor here.

– Sara Frazier

I have enjoyed every single second of teaching Zumba and kettlebells, and all the other classes I have substituted for at the LJCC. I've often told people that teaching here is not a "job" to me. I have full-time job I go to everyday, but this "job" is my sanity, my happy place, my joy. To know that members come back to my classes because they enjoy them and know that I am trying to help them improve their life in some way means more to me than I can put into words.

– Tara Meek



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