OASIS
LEVINE JCC

We welcome you to join us!

Senior Group Exercise

Feel healthier, happier & more energized!

2 great options to improve your health in a fun and relaxed environment:

Basic Senior Exercise

Increase your flexibility, agility, balance and strength through gentle exercise and optional use of props (balls, bands, etc.)

MON, WED & FRI
11am-12pm
Levinson Family Place

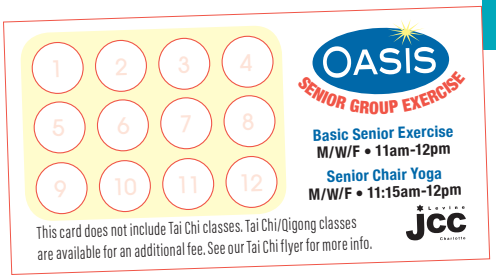
Senior Chair Yoga

The ancient art of yoga pairs breath with movement, while improving your flexibility, strength and balance – all from a seated position!

MON, WED & FRI
11:15am-12pm
Gorelick Hall

PLEASE NOTE:
There are no classes held on Oasis Field Trip days; please check with Oasis or the Oasis Newsletter each month for more information.

PURCHASE A 12-CLASS CARD
Oasis/LJCC Member $30 Benefactor $25 Non-Member $40*



Card may be used for either or both of these classes.
Purchase cards in the Weinberg Center.

Card does not include Tai Chi/Qigong classes, which are separate and available for an additional fee.

Levine JCC Charlotte

United Way of Central Carolinas, Inc.

For more information please contact Jill Lipson
704-944-6792 • jill.lipson@charlottejcc.org

*An annual administrative fee is applicable to all non-members participating in fee-based LJCC/Oasis programming. The fee is $20 per individual / $30 per couple.

Funded by Jewish Federation of Greater Charlotte