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**

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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.

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.