Senior Group Exercise
Men & Women 55+ • All Levels Welcome

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

Feel healthier, happier & more energized!
2 great options to improve your health in a fun and relaxed environment.

Purchase your 12-Class Card in the Weinberg Center
- Oasis/LJCC Member $30
- Benefactor $25
- Non-Member $40*

Questions? 704-944-6792
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Card may be used for either or both of these classes. Card does not include Tai Chi/Qigong classes, which are separate and available for an additional fee.

IMPORTANT NOTE: These classes are cancelled on Oasis Field Trip days; please check with Oasis or the Oasis Newsletter each month.