



Senior Group Exercise

Men & Women 55+ • All Levels Welcome



stretch



strengthen



balance

*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
jill.lipson@charlottejcc.org

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**

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.



Sandra and Leon Levine Jewish Community Center
5007 Providence Road / 704.366.5007 / charlottejcc.org

