



LEVINE JCC

LABOR DAY

Monday, September 7

LJCC Facility Hours: 7am-7pm

at the J

JFIT

GROUP EXERCISE at the J:

7:15-8:00 AM
HIIT

Jim @ Pavilion

8:30-9:15 AM
Cycle

Shannan @ Pavilion

9:30-10:15 AM
Yoga Sculpt

Debbie @Pavilion

5:30-6:15 PM
Cardio Dance

Karen @ Pavilion

6:15-6:55 PM
Total Strength

Jenny @ Parking Deck

VIRTUAL CLASS:

10:30 AM

Zumba GOLD w/Jessica



Or simply come workout
on your own at Level 2 of the
Parking Deck (7am-7pm)

Rowers • Barbells • Free Weights

JSWIM

Open to LJCC MEMBERS by **RESERVATION ONLY**

Reserve your pool time at: www.charlottejcc.org

Lap Swim Times:

IP BP 7:00-7:50am | 8:00-8:50am | BP 9:00-9:50am

Open Swim Times:

MP BP 10am-12:30pm | 1:00-3:30pm | 4:00-6:30pm

Pick up your
pre-ordered BBQ!*

Labor Day • 11am-2pm

LJCC Parking lot



CHARLOTTE

Kosher

BBQ

CHAMPIONSHIP

*Pre-order by
Sunday, 8/30

charlottejcc.org

JFORCE

No Waves

Enjoy the holiday!



704-366-5007