

DAVID POSNACK JEWISH COMMUNITY CENTER

and

Ein Gedi Council Chapters

(Tikvah Hadassah, Kavanah, B'not Shalom, Oceanside)

present

"Pamper Yourself at the J"

BACK BY POPULAR DEMAND!

**Raffles
Refreshments
Vendors**

Thursday, March 11, 2010

5:30 - 9:00 p.m.

Program Schedule

5:30 - 6:00 p.m.

Registration & Refreshments

6:00 - 6:15 p.m.

Welcome and Introductions

Select one program from each Session Workshop below

6:15 - 6:45 p.m.

Session I Workshops

Belly Dancing ❖ Boot Camp ❖ Track Walking

♥ **Raffle Drawing** ♥

7:00 - 7:30 p.m.

Session II Workshops

Bosu ❖ Belly Dancing ❖ Track Walking

♥ **Raffle Drawing** ♥

7:45 - 8:15 p.m.

Session III Workshops

Belly Dancing ❖ Mind/Body Connection ❖ Track Walking

♥ **Raffle Drawing** ♥

8:30 - 9:00 p.m.

Session IV Workshops

❖ Yoga Stretch ❖

*See reverse side for class descriptions
and registration information.*





♥ CLASS DESCRIPTIONS ♥



Bosu

Full body balance and sculpting mixed with cardio with instructor Shari.

Belly Dance

A dance class where you will experience movements to express forms of beauty; to share, develop, rediscover a new language, stimulate creativity and promote healing with dance instructor Shayna.

Boot Camp

Cross training, intense workout that includes aerobic and strengthening exercises to challenge all fitness levels. Class uses kettle bells, medicine balls, weights, balls, bars, etc. to improve cardiovascular and muscular conditioning with instructor Shari.

Mind/Body Connection

A combination of yoga, Pilates dance postures and proper stretching techniques using a series of exercises that accommodate all fitness levels. Increase strength, flexibility and core stabilization while working on form, execution, breathing and movement with instructor Andrea.

Yoga Stretch

Using a chair for support, increase flexibility and endurance while learning to relax and think more clearly with instructor Andrea.

Track Walking

On your own, walk the JCC indoor walking track (10 laps = 1 mile).

For more information and registration please call

Lois Berkson at 954-921-6644 or Evie Schwartz at 954-432-1363

Make check payable to:

(\$36 per person)

HADASSAH

or

DAVID POSNACK JCC

INDICATE CHAPTER IN MEMO PORTION OF CHECK

Mail Payment to:

TIKVAH HADASSAH

or

DAVID POSNACK JCC

Linda Kohn

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