

CENTERPIECE

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Winter Camp to
explore the coast

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New Equipment Builds Muscle and Community

by Mary-Kate Smith
Special to Community

On Friday, November 4, The J weight rooms opened their doors to new workouts with a new look. More than 20 brand-new pieces of equipment, including 13 machines and numerous free-weights, replaced older models. Additionally, fresh flooring adds to the aesthetic appeal of the redone weight room. The new LifeFitness equipment has both members and Wellness Department staff excited about the benefits to the community and to individual exercise experiences.

Personal Trainer and Fitness Coach Sylvester Davis says, "The new equipment is like an updated version of what we once had here. They are really good, nice pieces. Very smooth feeling."

Davis explains that the new equipment not only has a wow factor, but the machines are also clean physically and functionally. The new equipment is located in the weight-lifting rooms next to Aerobics Studio. Equipment ranges from a squat rack to a lat pulldown machine. The new machines and free weights offer flexibility in training and ample options for muscle workouts.

"I'm glad I'm able to bring my clients down here every once in a while to train on it," Davis says, "They enjoy the equipment. They feel like they get something out of it."

Rebecca Rickman and her husband, Zach Rickman, are among the members

benefiting from the new and improved weight training facility. The couple has been working out at The J for two years, but Rebecca Rickman grew up at The J and was glad to rejoin as an adult.

"My wife is from here originally, and her family were members here," Zach Rickman says. "So we came here to check it out. It had everything we wanted. We like to keep things simple, but the fact that you have the sauna, the steam room all that kind of stuff is just like added perks. Kind of a no-brainer. And the people are great."

For both Rickmans, the new equipment is also a big perk.

"The first day that they moved everything in I did my normal workout, but then I just went around to each machine," Zach Rickman says. "I was like, 'I got to try each one and just kind of see how it feels,' and it's great."

Rebecca Rickman shares her husband's sentiment.

"I think it's awesome," Rebecca Rickman says. "I think, being new equipment, it is going to make me change my routine a little bit, which, you know, kind of brings some life back into your exercises."

Rebecca Rickman explains that the new equipment promotes a community atmosphere in the gym.

"People share their experiences with equipment and tell you to try something a different way," says Rebecca Rickman adding that her husband has made several new friends at the gym.

Zach Rickman thinks The J weight room



The J members Zach and Rebecca Rickman

is a good environment for both beginners and experts.

"In some gyms there might be like some intimidation factor and feeling like you don't know where to jump in, but [at The J] there is something for everybody which is nice," he says.

According to Davis, beginners in weight training are surrounded by support. Each new machine is labeled with a quick-response, or QR code. A QR code is a machine-readable code comprised of white and black squares. Free cellphone applications to read QR codes are readily available. When members scan this image into a QR code reader, an equipment-specific instructional video is immediately pulled up online. Additionally, each machine is equipped with a how-to-use diagram.

Davis says the new LifeFitness machines are the user-friendliest pieces of weight-lifting equipment he has seen. However, if members are confused about how to use the new machines or free weights, personal trainers and fitness coaches, such as Davis, are available to lend a hand.

Identical twins Erica and Meredith Willis have been exercising at The J for five years. The sisters say they appreciate the support of the gym staff and the opportunity to workout on new equipment. Erica Willis, a nursing student at Bellarmine University, says she loves the new atmosphere and appearance of the weight room.



Meredith Willis uses the new LifeFitness low row machine

"We just look forward to making new gains with the new equipment," Erica Willis says. "Hopefully we can reach new goals on these machines."

Meredith Willis, an exercise science major at Bellarmine, initially expressed skepticism about having new equipment because she was accustomed to the old machines. However, now that the new machines and free weights have arrived she is very pleased.

"I hope people will come try it out and see for themselves what the JCC has to offer," says Meredith Willis.



Pre-Feast Fitness Fest Lets You Indulge with Less Guilt

by Shiela Steinman Wallace
Editor

Enjoying that special Thanksgiving meal with family is wonderful, but thinking about all those extra calories can put a damper on the fun. This year, enjoy the feast guilt free. Start the day at The J's annual Pre-Feast Fitness Fest on Thursday, November 24, from 8-10 a.m. and burn off those calories first.

At the Fest, sample some of the JCC's five most popular group fitness classes in back-to-back 30-minute session for two hours straight. You choose the classes you want and the duration of your workout. You could take the same class four times in a row, try four different classes, or just participate in one or two half-hour sessions.

Choose from:

- J-Barre with Mary Delk in the Dance Studio to increase strength and build flexibility

- in a fusion of yoga, dance and Pilates;
- Yoga with Samantha Garbino and Melody Mayes in the Aerobic Studio for a more low-key workout that mixes physical postures, or asanas, and breathing exercises
- Body Pump with Beth Mans in the lower gym for a barbell workout set to fast-paced music;
- Cycle with Lisa Lanzet in the Cycle Studio for a challenging stationary bicycle workout; and
- Boot Camp with Susan Kwasny if you're ready to tackle an assortment of military exercises.

If you invest in your fitness early Thanksgiving morning, your efforts will pay off all day long, according to JCC Fitness Director Ron Peacock.

"Not only does exercise help control hunger during holiday meals but resistance training can help the body actually burn

more calories in a 24-hour period," he said. "Start off your day with a good workout and you'll be ready to spend the day with family and friends enjoying good food and good times."

Those who attend four different classes will be entered in a special Thanksgiving drawing. Donations of canned goods for the Jewish Family & Career Services Food Pantry will also be accepted at the event.

The Fest is free for members of The J and half-price guest passes for friends of JCC members are just \$5 for adults (ages 12 and up) and \$2.50 for children (ages 3-11).

Reserve your spot by calling 502-238-2727. The J will be open on Thanksgiving 7 a.m.-3 p.m.



THE J HOLIDAY HOURS

Thanksgiving Day

Thursday, November 24:

7 a.m.-3 p.m.

Group Fitness Classes:

8 a.m.-10:15 a.m.

No classes after 10:15 a.m.



Family Movie Night

DECEMBER 7 AT 6 P.M.

Enjoy a movie at The J in Children's Place with free popcorn. Bring a picnic style dinner, some blankets, and pillows to relax with your family and watch the movie!

SCHOOL'S OUT DAY



**NOVEMBER 23
ALL THINGS RED
9 A.M.-4 P.M.
EXTENDED DAY
AVAILABLE**

When Jefferson County Public Schools are closed, bring your child to learn and play! All days include sports, arts and crafts, swimming and more. Bring a bathing suit, towel and lunch!

**JewishLouisville.org/SOD
502-238-2718.**

Cycle For Good Spins Its Wheels Again

by Ben Goldenberg
Marketing Director

For the fourth year in a row, Cycle for Good will raise money to support Special Olympics and The J. On December 18, from 9 a.m. until 1 p.m., members and guests can rent a bike at The J for \$25 per hour. This national event started in 2012 to celebrate the Chanukah season at Jewish Community Centers across North America with a bit of tzedakah. Participants are encouraged to either rent the bikes or find sponsors for their ride. The J will host two special versions of their normally scheduled cycle group fitness classes for the event.

Wellness and Membership Experience Director, Tara Stone will be back on the bike as well. Each year she rides for at least four hours, raising money in the front lobby of The J.

"I love doing it. I started spinning 15 years ago and am a certified spinning instructor," said Stone. "The members get a kick out of seeing me and it raises a lot of money for a good cause."

Other group fitness classes are getting in on the fun as well, and will be collecting donations throughout the day.

The community is invited to

join the event; free guest passes for The J will be available all day as well. If you are interested in signing up to ride in one of the classes, call the Wellness Desk at 502-238-2727 to reserve your seat.



Without Leaving The J

Campers Will Journey the East Coast at Winter Camp

by Ben Goldenberg
Marketing Director

This year, turn winter break from school into an exciting adventure for your children. Enroll them in Winter Camp at The J and they'll journey from Maine to Florida without leaving The J! Each day at The J Winter Camp, December 19-30, children will have

the opportunity to explore different cities along the Atlantic Coast with their friends and counselors.

"Camp this year is based around my life," says Camp Director Betsy Schwartz. "I grew up in Maine and lived in Florida before moving to Louisville. This seemed like the perfect way to bring something exciting to camp this winter."

Children four years old through fifth grade will get to go fishing in Massachusetts, make pizza in New York and eat delicious Georgia peaches.

For the first time in many years, Winter Camp is adding a weeklong option at a re-

duced price.

Camp is open daily from 9 a.m.-4 p.m. with Get Up Gang from 7:30-9 a.m. and Stay 'N Play available from 4-6 p.m. Every day includes physical activity, arts and crafts and a snack, with swimming daily for children in kindergarten-5th grade. To register, visit www.jewishlouisville.org/wintercamp or call 502-238-2718 with questions.

There is limited availability for two-three year old campers. Please contact Norma Cahen, ELC Director at ncachen@jewishlouisville.org or 502-238-2748 for more information and pricing.



TRX Suspension Training Thursdays | December 8-29 | 5:45-6:30 p.m.

TRX Suspension Training is an accelerated full-body cardio and strength workout which uses body-weight exercises to simultaneously develop power, endurance, mobility, durability, balance, flexibility and core stability.

FEE: \$90

\$72 The J Members

INSTRUCTOR:

Collin Fitzsimmons

**www.jewishlouisville.org/trx
502-238-2727**



Tumble Tuesday

**Tuesdays | Dec. 6 - Jan. 10
Beginner 6 p.m. | Intermediate 6:45 p.m.**

Ages 6-10

Help your child develop strength, flexibility, and coordination all while having fun and gaining friends in this introductory gymnastics tumbling course.

INSTRUCTOR:

Lindsey Smith
(New England Center For Circus Arts Trained)

FEE:

\$70, \$60 The J Members

FOR MORE INFORMATION OR TO REGISTER,
visit www.jewishlouisville.org/tumbletuesday

Snowflake Shoppe Offers You One-Stop Gift Shopping and Lets You Support the ELC

The winter holidays are almost here and that means it's time to start your shopping. Make your first stop the Second Annual Snowflake Shoppe holiday gift bazaar at The J on Sunday, November 20, from 10 a.m.-2 p.m. Admission is free.

Would you like to get a jump start and beat the crowds? A special Preview Night will be held on Saturday, November 19, from 6-9 p.m. Your admission ticket includes one drink ticket (cash bar), appetizers and door prizes. Preview Night tickets are \$10 and are available for purchase in advance or at the door.

This year's Snowflake Shoppe has more than doubled in size to more than 80 vendors and encompass the entire first floor of The J, including the lobby, the Linker Auditorium, Upper Gym and the Patio Gallery. Gifts available for purchase will include leather goods, candles, customized wreaths, monogrammed gifts, hand-painted glassware, wine accessories, local handmade jewelry, jewelry from nationally known vendors, health and skin care products, locally handcrafted soaps, pet items, toys, books, women and children's clothing and accessories, home decor, Kentucky Proud items and more.

"We have doubled the size of the fair and are expecting a much larger crowd," said Mindye Mannel, Early Learning Center Assistant Director. "Those attending the Saturday night event will get the best selection from the vendors." More than 600 people attended last year's event.

The proceeds from this event will benefit The J's Early Learning Center to assist with the purchase of much needed educational toys and equipment. Gift-wrapping

will also be available for a donation to the Early Learning Center.

For more information or tickets to the preview night, visit www.jewishlouisville.org/snowflakeshoppe.



TRAIN TO BE A LIFEGUARD

LEARN LIFE GUARDING, FIRST AID, CPR AND AED TRAINING

CLASSES AT THE J:
DECEMBER 19-20 &
DECEMBER 22-23
4-9 P.M.

Participants must attend all classes in order to be certified.

INSTRUCTOR:
Garrett Shadowen

CLASS FEES:
\$190, \$150 The J Members

To register, call 502-238-2727.

For more information, call
Johnny Kimberlin at 502-238-2742.



CenterStage *Acting*
at the Jewish Community Center

HERSHEL and the HANUKKAH GOBLINS

Based on the popular children's book by Eric Kimmel
Adapted for the stage by Shari Aronson

What are the villagers to do? The holiday hating hobgoblins are determined to ruin Hanukkah. Can the wandering Hershel break their spell with nothing but his wits, a few pickles, an old dreidel and the help of a young orphan girl?

SUNDAYS
DEC. 4, 11 | 1 P.M.
DEC. 18 | 1 & 3 P.M.

502-238-2709
CenterStageJCC.org
\$7 CHILDREN
\$12 ADULTS

12th Annual Juried Mazin Art Exhibition Winner to Be Announced November 27

The J Arts & Ideas program and The J Patio Gallery are proud to host the 12th annual Mazin Art Exhibition, November 27-January 3, with an opening reception Sunday, November 27 from 2-4 p.m. and more than \$1,500 in award money to be handed out.

The Mazin Annual Art exhibition was conceived and created by Bernice and Benjamin Mazin in partnership with the Jewish Community Center's Visual Art Committee. The event is funded by the Mazin Visual Arts Fund, Judy and Dennis Hummel and other members of the Mazin family. Each year, the Mazin Art Exhibition fosters an appreciation of today's visual arts and reflects the breadth and artistic vision of local artists.

Bernice Mazin was a prolific artist throughout her life with a diverse spectrum of pieces shown throughout her career. The Benjamin and Bernice Mazin Visual Juried Annual Art Exhibition was established in 1999 by Bernice in memory of her husband, Benjamin. Judy Hummel, their daughter, said, "My mother was always trying to inspire people to pursue art and she wanted to create an annual art exhibition to give new and established artists a venue for exhibiting their work."

The juror for this year's exhibition is Joey Yates, the curator for KMAC Museum. Yates joined KMAC in 2012. The KMAC museum



"Evening Light" by Bernice Mazin

focuses on the relationship between contemporary, folk and traditional craft art. Yates recently curated Simone Leigh's solo exhibition, "Crop Rotation," and was co-curator for "White Glove Test: Louisville Punk Rock Flyers 1978-1994."

Along with the 12th annual Mazin Exhibition visitors to the The J Patio Gallery will also have the opportunity to see several of Mazin's portrait works. These rare pieces, done by Mazin early in her career, will be on display for sale during the exhibit with the proceeds to benefit The J Arts & Ideas programming.



Women's Only Workout

W.O.W. December 6-27 Tuesdays • 6-7 p.m.

Instructor: Denise Joseph
Fee: \$90, \$72 The J Members

Hey Ladies! Do you have an hour per week to get into shape? Then we have the workout for you!

The J Personal Trainer, Denise Joseph, will lead you through a complete body workout to tone up, sculpt and burn calories while building companionship with other female members.

FOR MORE INFORMATION OR TO REGISTER, call the Health and Wellness Desk at 502-238-2727.

DECEMBER 3, 2016

Light Up CENTERSTAGE

SAVE THE DATE

**BROADWAY MUSICAL REVUE • FULL OPEN BAR • AUCTION
HORS D'OEUVRES • DECADENT DESSERTS**

SARAH HARLAN, LIGHT UP CENTERSTAGE CHAIR

\$108 PER PERSON | \$950 PER TABLE (10 GUESTS)

PLEASE RSVP TO 502-238-2773 NO LATER THAN MONDAY, NOVEMBER 28.

SENIOR CALENDAR

DECEMBER 6

Senior Retirees Meeting-12:45 p.m.

Rabbi Nadia Siritsky, Vice President of Mission at Jewish Hospital will speak on the "December Dilemma."

Refreshments will be served.

DECEMBER 13

Chanukah Celebration-12 p.m.

Join us for a special luncheon followed by entertainment provided by Cantor Sharon Hordes from Keneseth Israel Congregation.

Refreshments will be served.

DECEMBER 18

Annual Holiday/New Year's Party-11 a.m.-1:30 p.m.

Join us for a delicious brunch catered by Gerry Burns, followed by musical entertainment provided by the group Grand Slam, one of the premier easy-listening bands in Louisville. The 3 musicians have been working together for over 30 years playing their "signature blend of harmony-rich smooth songs and good-time oldies."

We will end the program giving out terrific door prizes.

Cost: \$20/M, \$28/NM. Transportation available for an additional \$3.

Reservation & Payment Deadline: Friday, December 9th.

DECEMBER 20

Irving Berlin's "White Christmas"-12:30 p.m.

As a follow-up to our visit to Frazier Arms Museum's White Christmas Exhibit, please join us for Irving Berlin's movie classic "White Christmas" starring Rosemary Clooney, Bing Crosby, Danny Kaye.

Popcorn will be served.

DECEMBER 27

Bingo-12:45 p.m.

We will also celebrate December Birthdays and anniversaries.

TEEN POWER December 5-26

Mondays, 4:30-5:15 p.m.
Instructor: Denise Joseph
Fee: \$72 The J Members only

REGISTER ONLINE AT
www.jewishlouisville.org/teenpower
or call the Health & Wellness Desk at
502-238-2727.



10% off your first Personal Training and Pilates sessions

All of our trainers are nationally certified and can show you the best ways to meet your fitness goals. Whether you want to lose a few pounds or add some muscle, we can create a custom plan for your needs. Partner and small group workouts are also available.

Try personal training or pilates at The J and get 10% off your first package of sessions when you purchase before December 18!

FOR MORE INFORMATION
www.jewishlouisville.org/personaltraining or call
Ron Peacock at 502-238-2792.