

## FOR IMMEDIATE RELEASE

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### **Barbells and Bourbon: JCC offers new exercise class with bourbon sipping**

LOUISVILLE, KY (Oct. 2, 2014) – A toned body is not always enough motivation to get people into the gym and lifting weights. Sometimes it takes bourbon.

The Jewish Community Center can make that happen with its Barbells and Bourbon class. The group, led by Ryan Perryman, will do some high-impact circuit training then sip Kentucky’s best spirit afterward.

The class will include 45 minutes of fun, functional movements. Perryman plans to have the class work on free weights, wall-ball slams, battle ropes and other fun, energetic exercise.

After class, the group will gather to sip bourbon together. The class will be perfect for people who love to socialize and have fun, Perryman said.

The class will be 4-5 p.m. Sundays at the JCC Nov. 2-23. Cost is \$72, and is open to members 21 and older.

Call the Health & Wellness Desk at 238-2727 to register or for more information.

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#### **About the Jewish Community Center**

Founded in 1890, the JCC is a human service agency committed to enhancing the quality of family life and promoting the physical, intellectual and spiritual wellness of the individual. It provides health-related activities, cultural and educational programs that serve the community at large, including populations at risk. Membership and services are offered to the Jewish and general community. Through its wide array of programs, the Center pursues its mission of strengthening the individual, family and community. The JCC is part of the Jewish Community of Louisville.