



For Immediate Release

Sid Jacobson JCC Fitness Instructor Natalie Penny Recognized as Citizen of the Week by Legislator Joshua Lafazan

East Hills, NY, March 22, 2021 – [Sid Jacobson JCC](#) is proud to announce fitness instructor Natalie Penny is being recognized by Legislator Joshua Lafazan's [Citizen of the Week](#) social media series for her efforts as a fitness professional serving adults, seniors, and those suffering or recovering from a cancer diagnosis. The Citizen of the Week initiative highlights the efforts of citizens living in Nassau County's 18th district.

"It is an honor to have been nominated in Joshua Lafazan's Citizen of the Week series for my efforts as a fitness professional serving adults, seniors, and those suffering or recovering from a cancer diagnosis," says Penny. "I am proud to be part of this wonderful community and to support each other with care, hope, and the knowledge that we are improving our quality of life both now and in the days ahead."

Penny has been a member of SJJCC since 1996 and a staff member since 2015. She has worked with youths, adults, seniors, and those with disabilities, and is currently focusing on the JCC's seniors and cancer survivors. At this time, Penny teaches seven weekly classes including virtual Seniorcize with Natalie classes offered to Seniors, virtual Strength and Stretch classes and a walking group offered to Nancy Marx Cancer Wellness Center participants, and Aquatone with Natalie, an in-person aquatic exercise class offered to SJJCC members. Her classes focus on a range of disciplines which include strength, flexibility, balance, and coordination, paying particular attention to breathing, feeling, and participants pacing themselves.

Penny is a certified lifeguard and certified instructor for cancer exercise, swim and aquatic exercise, cycling and spin, triathlon, pilates, tai chi, and personal training.

To learn more about the Health + Wellness offerings at Sid Jacobson JCC, including the above-mentioned classes led by Natalie Penny, visit sjcc.org.

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About Sid Jacobson JCC

Sid Jacobson JCC (sjcc.org) in East Hills provides a full range of cutting-edge recreational, health, fitness, educational, cultural arts and social service programs. SJJCC promotes Jewish identity and provides a comprehensive program based on Jewish values, traditions, heritage, and culture, and is committed to enriching the lives of all individuals and families in its community. SJJCC embraces all individuals and families, and values diversity. See community differently, "Like" the JCC on Facebook (facebook.com/sidjacobsonjcc).

Sid Jacobson JCC is a beneficiary agency of the UJA Federation of New York.

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