

FITNESS CENTER HOURS

Monday–Thursday 5:30am–10:00pm
Friday 5:30am–6:00pm
Saturday–Sunday 7:00am–6:00pm

POOL HOURS

Monday–Thursday 5:30am–8:00pm
Friday 5:30am–5:30pm
Saturday–Sunday 7:00am–5:30pm

HOW TO SIGN IN FOR CLASSES

Sign in for group fitness classes at the courtesy desk, and pick up your ticket to take to the instructor to enter the class

QUESTIONS ABOUT CLASSES?

Stop by the Member Relations Courtesy Desk, or for more detailed information, contact Eslye Bennett, Fitness Director, at ext. 1035.

BABYSITTING SERVICES

Ages: 3 months–6 years

Cost: \$6/hour

Hours: Monday–Friday 8:00am–1:00pm

Reservations and cancellations:

Reservations can be made up to 24 hours in advance at the courtesy desk in person or by phone at (562) 426-7601 ext 1051.

ALPERT JEWISH COMMUNITY CENTER
3801 E. Willow St. Long Beach, CA 90815
(562) 426-7601, Courtesy Desk ext 1051
www.alpertjcc.org

GROUP FITNESS CLASS SCHEDULE



 **Alpert Jewish Community Center**
Long Beach *Your Center For Life*

UPDATED OCTOBER 30, 2018

CLASS DESCRIPTIONS

LOW IMPACT/STRENGTH TRAINING

AQUA FITNESS: A low-impact class performed to music in our heated pool. Suitable for all fitness levels.

LOW-N-SCULPT: This low-impact aerobics class combines 30 minutes of cardio with 30 minutes of resistance exercises using hand-held weights and rubberized tubing.

SILVER SNEAKERS® CLASSIC: Have fun moving to the music through a variety of exercises for muscular strength and movement range. Hand-held weights, elastic tubing with handles, and a ball are offered. Chairs used for support.

SILVER SNEAKERS® CIRCUIT: Increase cardiovascular and muscular endurance with a standing circuit workout. Upper body strength using elastic tubing with handles, hand-held weights, and a ball are alternated with low-impact aerobics. Chair offered for support.

CARDIO/STRENGTH TRAINING

TOTAL BODY FUSION: Burn fat, boost metabolism, and increase energy levels in this challenging fusion of cardio, strength, agility, and core moves that engage your entire body. We use timed, high intensity intervals of 20–60 seconds with active recovery/rest periods.

FORM & FUNCTION: Get your whole body pumping with 30 minute weight circuit and 30 minute cardio circuit training focused on proper form and function. Develop muscles that matter for strength, flexibility, and everyday function while stabilizing your core and reducing your potential for injury.

PUMP & PLYOS: This class combines the benefits of a pump workout with plyometric drills to maximize anaerobic training, power, and calorie burning. Class style will vary to offer benefits of cross training.

CORE STRENGTHENING

MAT FITNESS 101: Core, strength, and flexibility. A class for all levels of fitness

CORE ON THE BALL: A fun, challenging class that incorporates all components of fitness to give you a total body workout experience: low-impact cardio, resistance training, balance and flexibility.

PILATES ESSENTIALS: Blend yoga and pilates to increase core strength and flexibility.

SPINNING (IN ORDER OF DIFFICULTY)

STRAIGHT UP SPIN: An indoor cycling workout to the rhythm of powerful music. Your inspiring instructor will lead you through hills, flats, mountain peaks, time trials, and interval training.

SPINNING: Experience a challenging, exhilarating workout. Knowledgeable, certified spinning instructors—the core of spinning—ensure riders enjoy the journey.

***Never taken a spin class before? Please plan to arrive early to class in order for the instructor to assist you in setting up your spin bike.**

YOGA AND MIND/BODY TRAINING

BEGINNER'S FLOW YOGA: A beginner-level class focused on learning pose alignment. May occasionally move up from and down to the floor.

VINYASA FLOW YOGA: A medium-paced class to improve flexibility, strength, and balance, all centered around movement that flows up from and down to the floor.

ACTIVE FLOW YOGA: Hold postures longer and move faster through transitions in this class designed to build strength and flexibility while adding the benefits of a low-impact cardio workout and stress-relieving meditation.

GENTLE YOGA: Designed to accommodate all levels of mobility. Seniors welcome!

QIGONG/TAI CHI: Build strength, balance, and mobility in the entire body, mind, and energy systems of the body.

SILVER SNEAKERS® CHAIR YOGA: Move your whole body through a series of seated and standing yoga postures designed to increase flexibility, balance, and movement range. Breathing exercises and ending relaxation promote stress relief and mental clarity.

DANCE FOR FITNESS

LATIN GROOVES: Latin dance styles to help tone and sculpt the body.

ZUMBA®: This rhythmic, Latin-flavored experience will help you tone, sculpt, and invigorate your life!

ZUMBA® GOLD: Less intense than a traditional Zumba® class. We use the same music but with choreography designed for older, active adults 50+, people with health difficulties, or those recuperating from injury or surgery.

GROUP FITNESS SCHEDULE OF CLASSES

■ AQUA
 ■ SPINNING
 ■ DANCE
 ■ MIND & BODY
 ■ CARDIO & STRENGTH
 ■ SILVER SNEAKERS®

MONDAY		TUESDAY		WEDNESDAY	
6:00am	Start Me Up! with Faira ★	8:00am	Vinyasa Flow Yoga with Grace ★	8:00am	Silver Sneakers® Classic w/Cindi
8:00am	Silver Sneakers® Classic w/Cindi	9:00am	Core On the Ball with Linda	9:15am	Spinning with Kristen
9:00am	Gentle Yoga with Del	9:30am	Total Body Fusion with Tami	9:30am	Form & Function with Scott
9:15am	Spinning Extreme with Faira	10:00am	Aqua Fitness with Sherrill	10:00am	Mat Fitness 101 with Sherrill
10:00am	Gentle Yoga with Del	10:00am	Latin Grooves with Linda	10:00am	Aqua Fitness with Elizabeth
10:00am	Aqua Fitness with Elizabeth	11:00am	Low-N-Sculpt with Cindi	11:00am	Silver Sneakers® Classic w/Sherrill
10:10am	Pilates with Sherrill	12:00pm	Silver Sneakers® Circuit with Kristen	12:00pm	Silver Sneakers® Classic w/Sherrill
11:00am	Low-N-Sculpt with Sherrill	1:00pm	Silver Sneakers® Classic with Kristen	1:00pm	Zumba® Gold with Patty
11:00am	Zumba® Gold with Ace ★	5:00pm	Low-N-Sculpt with Sherrill	5:00pm	Form & Function with Scott ★
12:00pm	Silver Sneakers® Classic w/Sherrill	6:00pm	Active Flow Yoga with Grace ★	5:30pm	Pump & Plyos with Scott ★
1:00pm	Silver Sneakers® Classic w/Sherrill	7:00pm	Pilates Sherrill	5:15pm	Pilates Essentials with Linda
5:00pm	Form & Function with Scott ★				
5:30pm	Pump & Plyos with Scott ★				
5:15pm	Pilates Essentials with Linda				
6:15pm	Latin Grooves with Linda				
THURSDAY		FRIDAY		SUNDAY	
9:00am	Core On the Ball with Linda	8:00am	Silver Sneakers® Classic w/Faira	8:15am	Beginner's Flow Yoga with Grace ★
9:30am	Total Body Fusion with Tami	8:00am	Gentle Yoga with Del ★	9:30am	Mat Fitness 101 with Sherrill
10:00am	Aqua Fitness with Genevieve	9:00am	Qigong/Tai Chi with Del	4:30pm	Zumba® with Sabrina
10:00am	Pilates Essentials with Linda	9:15am	Spinning Extreme with Faira		
11:00am	Low-N-Sculpt with Cindi	10:00am	Gentle Yoga with Del		
12:00pm	Silver Sneakers® Circuit w/Genevieve	10:00am	Aqua Fitness with Genevieve		
1:00pm	Silver Sneakers® Classic w/Genevieve	10:10am	Pilates with Sherrill		
6:00pm	Yoga with Barbara	11:00am	Low-N-Sculpt with Sherrill		
7:00pm	Pilates with Sherrill	12:00pm	Silver Sneakers® Classic w/Sherrill		
		1:00pm	Silver Sneakers® Yoga w/Sherrill		

★ **New Class!**

•Classes are approximately 50 minutes long unless noted on schedule brochure. Classes start promptly at the scheduled time to minimize disruptions and for everyone's safety. Please arrive on time as there will be no entry to the classroom 10 minutes after scheduled class start time.
 •Sign-in for classes and pick up your participation ticket at the Courtesy Desk. Ticket must be taken to instructor to permit entry.

CHECK OUT MORE OF OUR PROGRAMS!

BOOT CAMPS

\$93.75 non-member, \$75 MVP
ELITE FITNESS 101 WITH RON LUBAG
 Mon, Wed, and Fri 5:30am–6:00am
FIT CAMP WITH RON LUBAG
 Mon, Wed, and Fri 9:30am–9:45am

PERSONAL TRAINING PACKAGES

ONE HOUR SESSIONS

1 Session	\$92; \$73 MVP
3 Sessions	\$259; \$207 MVP
6 Sessions	\$495; \$396 MVP
12 Sessions	\$945; \$756 MVP
24 Sessions	\$1,800; \$1,440 MVP
36 Sessions	\$2,565; \$2,052 MVP

30 MINUTE SESSIONS

5 Sessions	\$248; \$198 MVP
10 Sessions	\$438; \$350 MVP
20 Sessions	\$825; \$660 MVP

MASSAGE THERAPY

(Massage Clients Must Be 18 Years Or Older)

30 Minutes	\$55; \$40 MVP
60 Minutes	\$95; \$68 MVP
90 Minutes	\$145; \$98 MVP

MASSAGE PACKAGES

(5) 60 Minute Massages \$415; \$315 MVP
 • Swedish: Relax and be soothed
 •Therapeutic: Sports massage
 •Shiatsu: Deep tissue massage

MVP: "Member value price," an automatic discount for members only on fees charged for programs and events. If you aren't yet a member of the Alpert JCC, speak with one of our membership services assistants today to learn how you can start benefitting from MVP pricing.