

**SilverSneakers® Classic:** Exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.

**SilverSneakers® Circuit:** Increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work using hand-held weights, elastic tubing with handles, and a ball is alternated with non-impact aerobic choreography. A chair is offered for support.

**SilverSneakers® Yoga:** Move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity.

**Zumba Gold®:** Less intense than a traditional Zumba® class, we use the same music but choreograph different moves. It is designed for older active adults, people with health difficulties, or those recuperating from surgery and just getting back into exercise.

**Low-n-Sculpt & Low Impact:** These fitness classes are for the more active senior. This class combines 30 minutes of cardio with 30 minutes of resistance exercises using hand-held weights and elastic tubing.

**Mat Fitness 101:** For the more active senior who can get up and down off the floor. Develop core, strength and flexibility.

**Aqua Fitness:** This is a non-impact class great for active seniors with injuries. These aqua classes increase strength, flexibility and aerobic conditioning.

**Gentle Yoga:** This class increases flexibility and core strength through stretching and yoga postures. This class is for a more active senior who can get up and down from the floor and is able to sustain yoga poses for an extended period of time.

**Qigong / Tai Chi:**

This Class builds gentle strength, balance, and mobility in the entire body, mind, and energy systems of the body.

**All classes are 50 minutes in length.**

**Extended Summer Hours**

June 2, 2017 – September 3, 2017

**Fitness Center Hours (Extended)**

Friday - Sunday : Open Until 8:00 PM

**Pool Hours (Extended)**

Monday - Thursday: Open Until 9:00 PM

Friday - Sunday: Open Until 7:30 PM

**Tuesday Nights @ the Pool**

June 20, 2017 thru August 15, 2017

5:30pm - 8:30pm - Fun, Games, and BBQs!

For Members Only!

**Babysitting Services Ages**

3 months - 6 years **Cost:** \$4 per hour

**Babysitting Times**

Sunday - Friday: 8:00 AM - 1:00 PM

Monday - Thursday: 5:00 PM - 8:00 PM

Saturday - Babysitting is NOT available

**Reservation/Cancellation Policy**

Reservations can be made up to 24 hours in advance at the Courtesy Desk (562)426-7601 x1051.

For more information, contact

Fred Johnson, AJCC Wellness & Fitness Manager

(562) 426-7601 ext. 1056

Alpert Jewish Community Center

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562.426.7601, www.alpertjcc.org



# ACTIVE OLDER-ADULT GROUP FITNESS CLASS SCHEDULE



Revised 5.19.17

# Active Older-Adult Group Fitness Class Schedule

Start Time	Monday	Tuesday	Wednesday	Thursday	Friday
<b>8:00 am</b>	SilverSneakers® Classic w/ Cindi		SilverSneakers® Classic w/ Cindi		SilverSneakers® Classic w/ Faira
<b>9:00am</b>	Gentle Yoga w/ Del				Qigong / Tai Chi w/ Del
<b>10:00 am</b>	Aqua Fitness w/ Faira <hr/> Gentle Yoga w/ Del	Aqua Fitness w/ Sherrill	Aqua Fitness w/ Elizabeth <hr/> Mat Fitness 101 w/ Sherrill	Aqua Fitness w/ Genevieve	Gentle Yoga w/ Del
<b>11:00 am</b>	Low-n-Sculpt w/ Sherrill	Low-n-Sculpt w/ Cindi	SilverSneakers® Classic w/ Sherrill	Low-n-Sculpt w/ Cindi	Aqua Fitness w/ Genevieve <hr/> Low-n-Sculpt w/ Sherrill
<b>12:00 pm</b>	SilverSneakers® Classic w/ Sherrill	SilverSneakers® Circuit w/ Faira	SilverSneakers® Classic w/ Sherrill	SilverSneakers® Circuit w/ Genevieve	SilverSneakers® Classic w/ Sherrill
<b>1:00 pm</b>	SilverSneakers® Classic w/ Sherrill	SilverSneakers® Classic w/ Faira	Zumba Gold® w/Patty	SilverSneakers® Classic w/ Genevieve	SilverSneakers® Yoga w/ Sherrill
<b>6:00 pm</b>				Yoga w/ Barbara	