

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 3, 2016 – September 6, 2016

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 21, 2016 thru August 16, 2016

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 P.E. Courtesy Desk (562)426-7601 ex 1051.

For more information, contact

Fred Johnson, AJCC Wellness & Fitness Manager

(562) 426-7601 ext. 1056

Alpert Jewish Community Center

3801 E. Willow Street Long Beach, CA 90815

562.426.7601, www.alpertjcc.org



ACTIVE OLDER-ADULT GROUP FITNESS CLASS SCHEDULE



Revised 7.5.16

Active Older-Adult Group Fitness Class Schedule

Start Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:00 am	SilverSneakers® Classic w/ Cindi		SilverSneakers® Classic w/ Cindi		SilverSneakers® Classic w/ Faira
9:00am	Gentle Yoga w/ Del				Qigong / Tai Chi w/ Del
10:00 am	Aqua Fitness w/ Jenn	Aqua Fitness w/ Sherrill	Aqua Fitness w/ Jenn	Aqua Fitness w/ Genevieve	Gentle Yoga w/ Del
	Gentle Yoga w/ Del		Mat Fitness 101 w/ Sherrill		
11:00 am	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 Impact w/ Elsie
12:00 pm	SilverSneakers® Classic w/ Sherrill	SilverSneakers® Circuit w/ Faira	SilverSneakers® Classic w/ Sherrill	SilverSneakers® Circuit w/ Genevieve	SilverSneakers® Classic w/ Sherrill
1:00 pm	SilverSneakers® Classic w/ Sherrill	SilverSneakers® Classic w/ Faira	Zumba Gold® w/Patty	SilverSneakers® Classic w/ Genevieve	SilverSneakers® Yoga w/ Sherrill
2:00 pm					