

WARNING

This is a highly intensive program, designed for those looking for an advanced physical workout.

This is an all-out, total-body, 30-minute conditioning class that combines the most widely-used basic training exercises.

There will be running, interval training, and various exercises using weights and our own body-weight to lose body-fat, increase cardiovascular efficiency, increase strength, and help you get into a routine of regular exercise.

Physical Fitness It's a Lifestyle!

For information, contact

Fred Johnson
AJCC Membership
Services Director

(562) 426-7601 x1035

Register at the AJCC
Member Relations Courtesy Desk



Alpert Jewish Community Center
3801 East Willow Street, Long Beach, CA, 90815
(562) 426-7601 www.alpertjcc.org

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

Elite Fitness 101

With Ron Lubag



Go Hard or Go Home!

Jan.to Dec. 2018

Updated 1/2/2018



AJCC Fitness Department

Elite Fitness

Participant's name: _____

Phone #: _____

Address: _____

Email: _____

Total: \$ _____

Check Cash

Visa Mastercard Discover Amex

Account #: _____

Expires: _____

Signature: _____

NOTE: a signature is required as a condition of registration regardless of method of payment.

OFFICE USE ONLY	
ELITE FITNESS - _____	(Month)
Status: <input type="checkbox"/> Active <input type="checkbox"/> Inactive	
Member / Account Number: _____	
Staff: _____	Date: _____

Please circle the class/month/code as applicable.

Day/Time of Class	Month	PROGRAM	PRICE PER MONTH
M/W/F 5:30am- 6:00am	Jan 8 - Feb2	Elite Fitness January	\$93.75; \$75/MVP
M/W/F 5:30am- 6:00am	Feb 5-Mar 2	Elite Fitness February	\$93.75; \$75/MVP
M/W/F 5:30am- 6:00am	Mar 5-Mar 30	Elite Fitness March	\$93.75; \$75/MVP
M/W/F 5:30am- 6:00am	Apr 2-Apr 27	Elite Fitness April	\$93.75; \$75/MVP
M/W/F 5:30am- 6:00am	May 1-May 25	Elite Fitness May	\$93.75; \$75/MVP
M/W/F 5:30am- 6:00am	May 28-June 22	Elite Fitness June	\$93.75; \$75/MVP
M/W/F 5:30am- 6:00am	June 25-July 20	Elite Fitness July	\$93.75; \$75/MVP
M/W/F 5:30am- 6:00am	July 30-Aug 24	Elite Fitness August	\$93.75; \$75/MVP
M/W/F 5:30am- 6:00am	Aug 27-Sept 21	Elite Fitness September	\$93.75; \$75/MVP
M/W/F 5:30am- 6:00am	Sept 24-Oct 19	Elite Fitness October	\$93.75; \$75/MVP
M/W/F 5:30am- 6:00am	Oct 22-Nov 16	Elite Fitness November	\$93.75; \$75/MVP
M/W/F 5:30am- 6:00am	Nov 26-Dec 21	Elite Fitness December	\$93.75; \$75/MVP

PLEASE READ CAREFULLY BEFORE SIGNING By signing this form I agree to the following conditions: The AJCC reserves the right to cancel any class, activity, or group, in which case a full refund will be made. In the event of withdrawal BEFORE the first meeting of class, activity, or group, a partial refund will be made in the amount of 75% of the original fee. REFUNDS WILL NOT BE MADE ONCE A PROGRAM OR ACTIVITY HAS BEGUN. Program fees for any given semester may NOT be applied toward tuition for activities in subsequent time periods. Participation in any AJCC activity and use of recreational facilities involves a risk of accidental injury despite all safety precautions. Having been informed of the activities conducted by the ALPERT JEWISH COMMUNITY CENTER OF LONG BEACH (AJCC), I/we, as an individual or parent or guardian of the participants named herein, assume all risk and hazards incidental to the activities, and release from responsibility and agree to indemnify and hold harmless the AJCC, its officers, directors, independent contractors, volunteers, and all employees for any illness or injury to me or my children or family members occurring during his/her/our participation in any activity or use of any recreational facility at or conducted by the AJCC. Participation in AJCC activities constitutes permission for the agency to use any photos of the participant for promotional purposes without remuneration.

PLEASE INITIAL: _____

As an Alpert JCC member, we want to make sure you know how special we think you are! That's why we've instituted MVP pricing for all of our programs and events. The MVP price is the "Member Value Price" that gives our members an automatic discount on the fee we charge for our programs and events. And if you aren't yet a member of the Alpert JCC, speak with one of our Membership Services specialists and learn how you can start benefiting from MVP pricing today!