

Senior Fitness Programs



Get the following membership privileges and more:

Aquatics

- **Jr. Olympic Heated Pool**
- **Open Swim/Lap Swimming**

Fitness Center

- **New Fitness Equipment**
- **Access to Personal Trainers***
- **Dry Sauna**
- **Access to Massage Therapy and Acupuncture***

Group Fitness Classes

- **Yoga**
- **Aqua Aerobics**
- **Mat Pilates**
- **Qigong / Tai Chi**
- **Senior Fitness**
- **Core Essentials**
- **Zumba Gold®**

** at an additional rate, discounted for members of SilverSneakers®/Silver&Fit®*

For information, contact

Fred Johnson

AJCC Fitness & Wellness Manager

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Alpert Jewish Community Center

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**SilverSneakers®
and Silver&Fit®**

Senior Fitness Programs



→ **fitness**
is timeless™

**Pursue your
wellness at the
AJCC**

Partnering for your benefit

The AJCC is proud to offer both SilverSneakers® and Silver&Fit®* programs! Each of these programs may allow you to have your membership fees waived as a benefit of your healthcare plan.

Contact your healthcare provider today to see if you qualify for a SilverSneakers® or Silver&Fit® membership!



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How to start using SilverSneakers®



SilverSneakers® is a fun, energizing program that helps older adults take greater control of their health by encouraging physical activity and offering social events.

The Alpert JCC offers this award-winning program to people who are eligible for Medicare or to group retirees. SilverSneakers® provides a membership to the AJCC, entitling you to all the benefits of membership, including, but not limited to, our certified SilverSneakers® group fitness classes!

SilverSneakers® offers three easy ways to enroll online at www.silversneakers.com.

To get started with your SilverSneakers® membership at the Alpert JCC:

Simply take your SilverSneakers® Member ID card to the Alpert JCC's PE Courtesy Desk and a Customer Service representative will get you your membership benefits the same day! No SilverSneakers® card? Bring your health plan ID card with you to tour the location and to see all the amenities you'll enjoy as a SilverSneakers® member!

Contact your insurance or Medicare provider for information on any fees that may be associated with enrollment in the SilverSneakers® Program.

How to start using Silver&Fit®*



Here's a gift that won't cost you a dime, with benefits that will last a lifetime! Join the Silver&Fit® Fitness Program and discover how great it is to feel like your younger self again.

The Alpert JCC is a proud partner of Silver&Fit®, which offers its program to eligible Medicare members. Silver&Fit® offers two programs to help you get in shape on SilverandFit.com, you pick the one that's right for you!

With your Silver&Fit® membership you have the power to choose which fitness provider you would like to have access to. Choose the Alpert JCC today to enjoy all the benefits of being an AJCC member!

To get started with your Silver&Fit® membership at the Alpert JCC:

Simply choose the Alpert JCC as your fitness provider on SilverandFit.com, and take your Silver&Fit® Member ID card to the AJCC! Temporary ID cards are available on Silver&Fit.com if you have not yet received your official ID card.

Contact your insurance or Medicare provider for information on any fees that may be associated with enrollment in the Silver&Fit® Program.