

## 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

## SIGNING IN FOR CLASSES

Sign in for group fitness classes at the Member Relations Courtesy Desk, and pick up your ticket to take to the instructor to enter class.

## QUESTIONS ABOUT CLASSES?

Stop by the Member Relations Courtesy Desk, or, for more detailed information, contact Elsie Bennett, Fitness Director at ext. 1035 or at [ebennett@alpertjcc.org](mailto:ebennett@alpertjcc.org).

## BABYSITTING SERVICES

**Ages: 3 months–6 years**

**Cost: \$6/hour**

**Hours: Mon.–Fri. 8:00am–1:00pm**

**Reservations:**

Reservations can be made up to 24 hrs in advance at the Member Relations Courtesy Desk in person or by phone at ext 1051.

**ALPERT JEWISH COMMUNITY CENTER**  
3801 East Willow St. Long Beach, CA 90815  
(562) 426-7601 • [www.alpertjcc.org](http://www.alpertjcc.org)

# GROUP FITNESS CLASS SCHEDULE



## CLASS DESCRIPTIONS

### LOW IMPACT/STRENGTH & STABILITY TRAINING

**AQUA FITNESS:** A low-impact class set to music in our heated pool. All fitness levels welcome!

**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. Elastic tubing with handles, hand-held weights, and a ball are offered. Chairs used for support.

**SILVER SNEAKERS® CIRCUIT:** Increase muscular and cardiovascular 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. A chair is offered for support.

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

**BALANCE, STRENGTH, & STABILITY:** A challenging, fun class that focuses on increasing 3 important components of the body.

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

### CARDIO/STRENGTH TRAINING

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

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

**KICKBOXING:** Cardio kickboxing with a variety of impact levels resulting in a high-intensity workout.

**POWER HIKE/WALK:** Build your endurance and cardiovascular fitness in this outdoor class!

### SPINNING

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

**\*Spin classes start precisely at their listed start time. Please plan to arrive early to class for bike setup.**

### YOGA & MIND/BODY TRAINING (IN ORDER OF DIFFICULTY)

**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 closing meditation promote stress relief and mental clarity.

**QIGONG/TAI CHI:** This low-impact, Senior-friendly class builds strength, mobility, and balance in the entire body, mind, and energy systems of the body.

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

**BEGINNER'S FLOW YOGA:** A beginner-level class focused on learning pose alignment. Occasionally moves 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.

### 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.

UPDATED FEB. 27, 2019



# GROUP FITNESS SCHEDULE OF CLASSES

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

## MONDAY

8:00am S Silver Sneakers® Classic- Cindi  
 9:00am S Gentle Yoga- Del  
 9:15am S Spinning- TBD  
 10:00am S Gentle Yoga- Del  
 10:00am S Aqua Fitness- Elizabeth  
 10:10am S Kickboxing- Tami  
 11:00am S Low-N-Sculpt- Sherrill  
 11:00am S Zumba® Gold- Ace  
 12:00pm S Silver Sneakers® Classic- Sherrill  
 1:00pm S Silver Sneakers® Classic- Sherrill  
 5:15pm S Pilates Essentials- Linda

## TUESDAY

9:00am S Balance, Strength, Stability- Linda  
 9:30am S Total Body Fusion- Tami  
 10:00am S Aqua Fitness- Sherrill  
 10:00am S Latin Grooves- Linda  
 11:00am S Low-N-Sculpt - Cindi  
 12:00pm S Silver Sneakers® Circuit- Kristen  
 6:00pm S Spinning- Daniel  
 7:00pm S Active Flow Yoga- Grace

## WEDNESDAY

8:00am S Silver Sneakers® Classic- Cindi  
 9:15am S Spinning- Kristen  
 9:30am S Power Hike/Walk- Tami  
 9:30am S Form & Function- Scott  
 10:00am S Mat Fitness 101- Sherrill  
 10:00am S Aqua Fitness with Elizabeth  
 11:00am S Silver Sneakers® Classic- Sherrill  
 12:00pm S Silver Sneakers® Classic- Sherrill  
 5:15pm S Pilates Essentials- Linda

## THURSDAY

9:00am S Balance, Strength, Stability- Linda  
 9:30am S Total Body Fusion- Tami  
 10:00am S Aqua Fitness- Genevieve  
 10:00am S Pilates Essentials- Linda  
 11:00am S Low-N-Sculpt- Cindi  
 12:00pm S Silver Sneakers® Circuit- Genevieve  
 6:00pm S Spinning- Daniel  
 7:00pm S Yoga- Barbara

## FRIDAY

8:00am S Silver Sneakers® Classic- Tina  
 8:00am S Gentle Yoga- Del  
 9:00am S Qigong/Tai Chi- Del  
 9:15am S Spinning- TBD  
 10:00am S Gentle Yoga- Del  
 10:00am S Aqua Fitness- Genevieve  
 11:00am S Low-N-Sculpt- Sherrill  
 12:00pm S Silver Sneakers® Classic- Sherrill  
 1:00pm S Silver Sneakers® Yoga- Sherrill

## SUNDAY

8:15am S Beginner's Flow Yoga- Grace  
 9:30am S Pilates Essentials- Sherrill  
 4:30pm S Zumba®- Sabrina

  
**Senior-Friendly Classes!**

•Classes are approximately 50 minutes long unless noted on schedule brochure. 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

#### FIT CAMP WITH RON LUBAG

Mon, Wed, and Fri 9:15am–9:45am

Reduce body fat and stress, increase lean muscle, and move toward a healthier lifestyle in this fitness boot camp.

#### ELITE FITNESS 101 WITH RON LUBAG

Mon, Wed, and Fri 5:30am–6:00am

A highly intensive program designed for those looking for an advanced workout.

### PERSONAL TRAINING

#### ONE HOUR SESSIONS

1 Session	\$99; \$79 MVP
3 Sessions	\$281; \$225 MVP
6 Sessions	\$540; \$432 MVP
12 Sessions	\$1,035; \$828 MVP
24 Sessions	\$1,980; \$1,584 MVP
36 Sessions	\$2,835; \$2,268 MVP

#### 30 MINUTE SESSIONS

5 Sessions	\$266; \$213 MVP
10 Sessions	\$475; \$380 MVP
20 Sessions	\$900; \$720 MVP

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