

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- Nichole
 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
 5:45pm S Zumba®- Ace

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 Restorative Movements- 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
 5:00pm S Yoga- Barbara
 6:00pm S Spinning- Daniel

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- Genevieve
 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



Senior-Friendly Classes!

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

- The Fitness Center and Fitness Classes are for ages 13 and up. There is a mandatory orientation for ages 13–17 that **must** be completed prior to using the Fitness Center and Fitness 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.

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.

SUMMER FITNESS HOURS

Monday–Thursday 5:30am–10:00pm
Friday 5:30am–8:00pm
Saturday–Sunday 7:00am–8:00pm

SUMMER POOL HOURS

Monday–Thursday 5:30am–9:00pm
Friday 5:30am–7:30pm
Saturday–Sunday 7:00am–7:30pm

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.

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

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.

RESTORATIVE MOVEMENTS: This mat fitness class is focused on increasing flexibility, range of motion, and mobility using your body to build strength, all with a focus of gentle restorative healing for mind and body. 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.

DANCE FOR FITNESS

LATIN GROOVES: Latin dance styles to help tone and sculpt the body while having fun!

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.

CARDIO/STRENGTH TRAINING

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

FORM & FUNCTION: Get your whole body moving with weight and cardio circuit training focused on flexibility, proper form, developing strength for 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: Experience a challenging, exhilarating workout. Knowledgeable, certified spinning instructors ensure the riders enjoy the journey.

Please arrive early for bike setup. Class starts precisely at listed time.

YOGA & MIND/BODY TRAINING

SILVER SNEAKERS® CHAIR YOGA: Move your whole body through seated and standing yoga poses 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. 65 min. long.

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.

UPDATED JULY 24, 2019

