



# JEWISH GROUP FITNESS SCHEDULE

LONG BEACH Fall 2025 • Effective 12/1

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8 AM	Cardio Kickboxing	Hatha Flow Yoga* (hybrid)	Silver Sneakers Circuit*	Hatha Flow Yoga* (hybrid)	Cardio Kickboxing		
8:30 AM					Silver Sneakers Circuit*		
9 AM	Vinyasa Flow Yoga (virtual)	Gentle Yoga* (hybrid)	Vinyasa Flow Yoga (virtual)	Gentle Yoga* (hybrid)	Vinyasa Flow Yoga (virtual)		Full-Body Fitness
		Total Body Fusion (virtual)		Total Body Fusion (virtual)			
		Low-n-Sculpt Aerobics*		Low-n-Sculpt Aerobics*			
9:30 AM			Spinning		Cardio, Strength & HIIT		
10 AM	Silver Sneakers Circuit*	Step, Balance & Conditioning		Step, Balance & Conditioning		Aqua Fitness*	Vinyasa Flow Yoga
10:30 AM	Strength & Stability Ball		Strength & Stability Ball				Aqua Fitness*
11 AM	Aqua Fitness*	Silver Sneakers Combo*	Aqua Fitness*	Silver Sneakers Combo*	Functional Movement*		Tai Chi
		Aqua Fitness Tailored for Arthritis*		Aqua Fitness Tailored for Arthritis*	Aqua Fitness*		
11:30 AM							
12 PM	Chair Yoga* (12:15pm)		Chair Yoga* (12:15pm)	Cardio Dance	Chair Yoga* (12:15pm)		
12:30 PM							
1 PM							
1:30 PM - 5 PM							
5:30 PM							
6 PM	Spinning		Spinning				
6:30 PM							
7 PM	Stretch Out Stress*	Down to the Core	Stretch Out Stress*	Down to the Core			
7:30 PM							

- Reservations are required for all group classes.
- All classes are in person unless otherwise stated.
- All classes are 50 mins unless otherwise indicated.
- **\*Low Impact Class**
- Check online for paid Premium class offerings.



Sign up for fitness classes, book personal training, and discover new programs! Look for "Alpert JCC" in the App Store or Google Play

**Fitness Center Hours:** Mon - Thurs 6 AM - 9 PM; Fri 6 AM - 6 PM; Sat - Sun 7 AM - 5 PM

Barbara & Ray Alpert JCC on the Weinberg Jewish Long Beach Campus • 3801 E. Willow St. Long Beach, CA 90815 • alpertjcc.org

## PERSONAL TRAINING

### 30-Min Sessions

Quantity	AJCC Members	Public
5	\$249	\$312
★ 10	\$478	\$595
20	\$915	\$1,145

### 60-Min Sessions

Quantity	AJCC Members	Public
1	\$99	\$125
★ 12	\$1,048	\$1,310
24	\$1,995	\$2,500

\*All packages expire 1 year from date of purchase and are non-transferable.

## NEW MEMBER WELCOME PACKAGE

Ask an associate how you can redeem a fitness orientation and THREE 30-minute personal training sessions for **\$120!**



★ = Most Popular!