



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 Arthritis Certified*		Aqua Fitness Arthritis Certified*	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

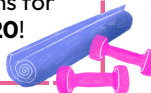
PERSONAL TRAINING

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!