



# JEWISH GROUP FITNESS SCHEDULE

LONG BEACH Spring 2026 • Effective 4/13

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8 AM	Cardio Kickboxing	Hatha Flow Yoga*	Gentle Yoga* (Starting May 4)	Hatha Flow Yoga*	Cardio Kickboxing		
	Gentle Yoga* (Starting May 4)	Spinning		Spinning			
8:30 AM			Silver Sneakers Circuit*		Silver Sneakers Circuit*		
9 AM	Full Body Strength (Starting May 4)	Gentle Yoga*	Full Body Strength (Starting May 4)	Gentle Yoga*			Full-Body Fitness
		Low-n-Sculpt Aerobics*		Low-n-Sculpt Aerobics*			
9:30 AM					Cardio, Strength & HIIT		
10 AM	Silver Sneakers Circuit*	Step, Balance & Conditioning	Strength & Stability Ball	Step, Balance & Conditioning		Aqua Fitness*	Vinyasa Flow Yoga
10:30 AM	Strength & Stability Ball						Aqua Fitness*
11 AM	Aqua Fitness*	Silver Sneakers Combo*	Aqua Fitness*	Silver Sneakers Combo*	Functional Movement*	Aqua Fitness*	Tai Chi
		Aqua Fitness Tailored for Arthritis*		Aqua Fitness Tailored for Arthritis*	Aqua Fitness*		
11:30 AM	Beginner Tai Chi						
12:15 PM	Chair Yoga*	Walk & Talk*	Chair Yoga*		Chair Yoga*		
5:30 PM	Aqua Fitness*	Aqua Fitness*	Aqua Fitness*	Aqua Fitness*			
6 PM	Spinning		Spinning				
6:30 PM							
7 PM	Stretch Out Stress*	Strength & Cardio	Stretch Out Stress*	Strength & Cardio			
7:30 PM							

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



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

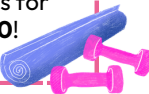
## PERSONAL TRAINING

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!

**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 • jewishlongbeach.org