



GROUP FITNESS SCHEDULE

Fall 2026 • Effective 9/24

Schedule subject to change
Scan for the latest schedule



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8 AM	Cardio Kickboxing ----- Gentle Yoga*	Step	Gentle Yoga*	Hatha Flow Yoga*	Cardio Kickboxing		
8:30 AM			Silver Sneakers Circuit*	Spinning	Silver Sneakers Circuit*	Spinning	
9 AM	Full Body Strength	HIIT & Strength	Full Body Strength	HIIT & Strength ----- Gentle Yoga*			Full-Body Fitness
9:30 AM					Step & Beyond		
10 AM	Silver Sneakers Circuit*	Step, Balance & Conditioning		Step, Balance & Conditioning		Aqua Fitness*	Vinyasa Flow Yoga ----- Aqua Fitness*
11 AM	Aqua Fitness*	Silver Sneakers Combo* ----- Aqua Fitness Tailored for Arthritis*	Aqua Fitness*	Silver Sneakers Combo* ----- Chair Yoga Stretch* ----- Aqua Fitness Tailored for Arthritis*	Functional Movement* ----- Aqua Fitness*	Aqua Fitness*	Tai Chi
11:30 AM	Beginner Tai Chi						
12:15 PM	Chair Yoga*	Walk Well*	Chair Yoga*		Chair Yoga*		
5:30 PM	Aqua Fitness*			Aqua Fitness*			
6 PM	Spinning		Spinning	Step			
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**



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Fitness Center Hours: Mon - Thurs 6 AM - 9 PM; Fri 6 AM - 6 PM; Sat - Sun 7 AM - 5 PM
Barbara & Ray Alpert JCC • 3801 E. Willow St. Long Beach, CA 90815 • jewishlongbeach.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!

