GROUP FITNESS SCHEDULE

Fall 2026 • Effective 11/1

Schedule subject to change
Scan for the latest schedule

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8 AM	Cardio Kickboxing Gentle Yoga*	Step Hatha Flow Yoga*	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 Gentle Yoga*	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* Supported Strength & 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*		
4:30 PM	Aqua Fitness*			Aqua Fitness*			
6 PM 6:30 PM	Spinning		Spinning	Step			
7 PM 7:30 PM	Stretch Out Stress*	Strength & Cardio	Stretch Out Stress*	Strength & Cardio			

- 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

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