

Harry & Jeanette Weinberg Foundation Fitness Center

Stay active, healthy, and fit at the Myerberg Center's state-of-the-art Fitness Center. The Harry & Jeanette Weinberg Foundation Fitness Center is specifically designed for active adults aged 55+. The Fitness Center features strength training equipment, cardio machines, and free weights. Our pleasant, knowledgeable staff will show you how to work with each piece of equipment and can customize a fitness program just for you.

Fitness Center Membership Fees:

\$35 Evaluation/Training Plan Fee (one-time fee). All Fitness Center members must obtain a signed physician release prior to the fitness assessment and orientation. A fitness/health evaluation by our staff is also required before Fitness Center membership privileges are granted.

	Myerberg Members	Myerberg Non-Members
13-week Fitness Center pass:	\$95	\$110
26-week Fitness Center pass:	\$180	\$200
52-week Fitness Center pass:	\$335	\$385
Couples 52-week Fitness Center pass:	\$295/person	\$345/person

Personal Training:

30-minute personal training sessions	Fitness Center Members	Fitness Center Non-Members
Single Session:	\$30	\$40
4-Session Package:	\$95	\$140
8-Session Package:	\$140	\$235

1-hour personal training sessions	Fitness Center Members	Fitness Center Non-Members
Single Session:	\$45	\$55
4-Session Package:	\$155	\$200
8-Session Package:	\$265	\$350

Fitness Center Hours of Operation

NEW Expanded hours:

Morning

Sunday	9:00am-1:00pm
Monday-Thursday	7:30am-8:00pm
Friday	7:30am-1:00pm
Saturday	Closed

The Fitness Center will be closed for Rosh Hashana (October 3 and 4), Erev Yom Kippur (closed at 1pm, October 11), Yom Kippur (October 12), Sukkot (October 17 and 18), Shemini Atzeret (October 24), Simchat Torah (October 25) Thanksgiving (November 24), and Christmas (December 25).



Stop By and Meet Our Fitness Center Staff: Ross, Niki and Billy

If you're not sure where to begin your fitness journey, our experienced staff members Ross Wilson, Niki Barr and Billy Fowler are here to help. They will design a fitness program just for you, recommend classes perfect for your experience level, and show you how to use our state-of-the-art equipment.

Stay active and in shape with fitness classes taught by highly trained fitness professionals. Classes are available for all fitness levels and are held in the spacious, state-of-the-art Harry & Jeanette Weinberg Foundation Fitness Center and Frosburg Group Fitness Room.

Exclusive Classes for Fitness Center Members Only

Express Circuit Training

These fun, challenging—and quick!—sessions provide a well-rounded workout. Move through a series of stations designed to elevate your heart rate and strengthen your muscles using body weight exercises, stationary bicycles, stability balls, and more. The class is supervised by a personal trainer who will help to adapt the workout to your individual fitness level. Space is limited. *Instructor: Ross Wilson*; Number of Sessions: 27

Days	Dates	Time	Member Fee (Priority/Regular)
Tuesdays/Thursdays	9/6-12/22	8:25-8:55am	\$80/\$85

Senior Strong

This class, devoted entirely to weight-bearing exercises that build muscle, is great for those with arthritis and osteoporosis or those who just want to get stronger. Led by a personal trainer, participants will use strength machines and free weights to build functional strength in a supervised setting. *Instructor: Ross Wilson*

Day	Dates	Times	Member Fee
Mondays	Ongoing	9:00-9:45am	\$36 for 12 class pass

Beginner Boxing with Niki Barr

Build better balance, coordination, speed and stamina with our non-contact, boxing-inspired fitness class. You'll learn proper stance and basic punches to prepare you for our exciting combinations and boxing drills. No prior boxing experience is needed. Fitness evaluation required prior to registration. Boxing gloves are also required and can be purchased from the Myerberg for \$40/pair or at a sporting goods store. *Instructor: Niki Barr*; Number of Sessions: 15

Day	Dates	Time	Member Fee (Priority/Regular)	Non-Member Fee
Wednesdays	9/7-12/21	1:00-2:00pm	\$150/\$155	\$230

*No class will be held on 10/12

Yoga

Hatha Yoga is a system of exercises that stresses body/mind integration, bringing greater strength, balance, and harmony. Using floor mats, this class will have three main focuses: physical exercises, conscious breathing techniques, and relaxation. *Instructor: Karen Shavin*; Number of Sessions: 12

Day	Dates	Time	Member Fee (Priority/Regular)	Non-Member Fee
Tuesdays	9/6-12/20	8:30-10:00am	\$120/\$125	\$150

*No classes will be held in October

Fitness Classes CONTINUED

Weinberg Woods Wednesdays in the Fitness Center

Residents of Weinberg Woods can drop by the Fitness Center for free for their cardio workout. Please be our guest!

Day	Dates	Time	Fee
Wednesdays	Ongoing	1:00-2:00pm	Free for residents of Weinberg Woods

Tai Chi–Basic

Reduce stress and improve your balance and flexibility through gentle movements. This class is designed for beginners and those with a limited range of motion. *This class is free to all residents of Weinberg Woods.* Instructor: **Eric Johnson**; Number of Sessions: 15

Day	Dates	Time	Member Fee (Priority/Regular)	Non-Member Fee
Fridays	9/9-12/23	10:30-11:30am	\$82/\$87	\$115

Tai Chi–Intermediate/Advanced

This class is for more advanced Tai Chi participants and offers a series of gentle routines to help reduce pain and improve mental and physical well-being, balance, and flexibility. *This class is free to all residents of Weinberg Woods.* Instructor: **Eric Johnson**; Number of Sessions: 15

Day	Dates	Time	Member Fee (Priority/Regular)	Non-Member Fee
Fridays	9/9-12/23	11:30am-12:30pm	\$82/\$87	\$115

**No class will be held on 11/25*

Movement Improvement

A fun variety of seated and standing exercises, including cardio, stretching, and light weights, focusing on improving endurance, strength, balance, and posture. This class is perfect for everyone, including people with Parkinson's Disease and other movement disorders and makes daily living a little easier and more productive. You can take this class once per week or twice per week. Physician clearance is required for participation. Instructor: **Claudette Dorries**; Number of Sessions: Twice/week: 25, Once/week: 12

	Day	Dates	Time	Member Fee (Priority/Regular)	Non-Member Fee
Twice/week	Mondays and Wednesdays	9/12-12/21	12:00-1:00pm	\$125/\$130	\$155
Once/week	Mondays or Wednesdays	9/12-12/21	12:00-1:00pm	\$65/\$70	\$95

**No classes will be held on 10/3, 10/12, 10/17 and 10/24*

Aerobics Flex Package

Have a busy schedule this fall? Are there mid-week outings that change your routine? Get your fitness fix with aerobics flex packages that are designed to keep you moving while your schedule keeps moving! Purchase a flex package of classes at a **savings** and attend when you like! It's less than \$5 per class if purchased during priority registration.

We recommend that you look at your calendar and count how many times you plan to attend a fitness class. You can always upgrade to a larger package simply by paying the difference. *Single class add-ons can only be made to packages and will be added at a rate of \$8/class.*

Package	Member Fee (Priority/Regular)	Non-Member Fee
The Silver Package For participants who attend about once per week. Includes: 15 classes	\$75/\$80	\$110
The Gold Package For participants who attend about twice per week. Includes: 30 classes for the price of 31 if purchased during Priority Registration!	\$155/\$160	\$200

**Choose one of the two packages to be used during this trimester (September 6-December 16) only. There is no rollover of classes or refund of unused classes. Packages cannot be shared with other individuals.*

Cardio-Fit Aerobics–Basic

This moderate, upbeat aerobics class uses a combination of stretch bands, weights, and exercise balls to improve your cardiac fitness, flexibility, balance, coordination, circulation, and even your memory. *Instructor: Howard Silverstein; Number of Sessions: 70*

Days	Dates	Times	Member Fee (Priority/Regular)	Non-Member Fee
Mondays, Wednesdays, and Fridays	9/7-12/23	9:30-10:30am and 10:30-11:30am	<i>See above for pricing options</i>	

**No classes will be held on 9/19, 9/21, 9/23, 9/30, 10/3, 10/12, 10/17, 10/24, and 11/25*

Cardio-Fit Aerobics–Advanced

This more advanced version of the aerobics program builds on a variety of exercises to provide physical conditioning to strengthen muscles and help you stay fit. *Instructor: Howard Silverstein; Number of Sessions: 35*

Days	Dates	Time	Member Fee (Priority/Regular)	Non-Member Fee
Mondays, Wednesdays, and Fridays	9/7-12/23	8:30-9:30am	<i>See above for pricing options</i>	

**No classes will be held on 9/19, 9/21, 9/23, 9/30, 10/3, 10/12, 10/17, 10/24, and 11/25*