



Improve your cardiovascular endurance by joining us for a fun and challenging workout designed and supervised by one of our Personal Trainers.

This class emphasizes cardiovascular endurance by using all the pieces of cardio equipment the JCC has to offer.

Cardiac Fitness also includes a safe but challenging strength training routine based on maintaining and increasing your cardiovascular system.



Levy Family Campus
14855 Oka Road Suite 201
Los Gatos, CA 95032

fitness

Cardiac Fitness Program

The APJCC Cardiac Fitness Program Enhance your quality of life!

To participate:
\$0 Registration Fee

Members: \$43 per month per individual
Non-members: \$117 per month per individual
(includes all inclusive JCC Fitness Membership)

Drop in member rate: \$7
Drop in non-member rate: \$25

Gives you full access to our entire fitness center and full participation in the Cardiac Fitness Program

**Mondays & Wednesdays with Erin
2:00pm–3:00pm**

For More Information:

Please contact Erin McMahon at 408.357.7419 or erinm@svjcc.org.