

Just for Seniors

Free or Low Cost Exercise Classes at MJCCA



That's right, you read that correctly. Seniors living in the Dunwoody area can join Marcus Jewish Community Center of Atlanta (MJCCA) and enjoy a full range of exercise classes and an aquatics center with indoor and outdoor pools. Anyone can join and as a member, you can take advantage of a personal trainer, group exercise classes, Pilates, physical therapy, a running trail and the SilverSneakers program.

SilverSneakers is a national exercise program specifically designed for seniors 65 years old or older or who have a qualifying disability. If you are eligible for the program, you can get a basic membership to MJCCA's Fitness Center. To find out if you are eligible for the SilverSneakers program, contact your health insurance company.

The SilverSneakers program offers low-impact exercises that works out the entire body using a wide range of exercises designed to strengthen your endurance, balance and flexibility. With the help of an instructor, you can workout at a pace that's comfortable for you.

But wait, there's more. Each week, the Center also offers over 85 group exercise classes, from low impact Yoga and Tai Chi classes to high intensity Zumba and Studio Cycle classes.

Here's a sneak peek at a few of the instructor lead SilverSneaker offerings:

SilverSneakers CLASSIC

This program is geared toward helping seniors of all abilities get moving. It works out the entire body using resistance tools and a range of exercises to promote strength, flexibility and balance.

SilverSneakers CIRCUIT

This workout gives you the best of both worlds; a cardio workout that increases your heart rate and metabolism and the light weight resistance tools that increase your body strength.

SilverSneakers YOGA

If you're into yoga, this class builds your strength and resilience using various yoga poses and a chair.

MJCCA is located at 5342 Tilly Mill Road, Dunwoody, GA 30338, phone is 678.812.4060 and their website is www.atlantajcc.org.

—Angela Walker



Roy Jacuzzi, who is credited with inventing and marketing the first integrated whirlpool bath in 1968, came from a family of inventors who are credited with inventions in both aviation and agriculture, including an agricultural pump.



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