

APJCC – A Jewish Community Center for Gym Cambrian in Las Gatos and Other Programs

APJCC Los Gatos welcomes people of all cultural, ethical, and social backgrounds to participate in fitness, aquatic, and learning programs to form an optimal balance of body and mind.



Los Gatos, California Aug 1, 2022 ([IssueWire.com](https://www.issuewire.com)) - The Addison-Penzak Jewish Community Center (APJCC) is a Jewish-based Silicon Valley center that offers culture, social, educational, and recreational programs for all types of people. It is well-equipped with a fitness center, heated outdoor

pool, soccer field, arts and culture program, Jewish adult education, healthy aging, and children's programs. From group fitness to aquatics, personal training, and nutrition coaching, the community center has all programs to boost self-awareness, enrich diverse cultures, and improve overall well-being. These can help bring people of all faiths, cultural differences, and ethical backgrounds closer together and learn holistic experiences to create a balance between body and mind. For more information, please visit: <https://apjcc.org/>

Sustaining an equitable and respectful community begins with teaching self-respect and ethical values at an early age through experiences that boost children's confidence and encourage curiosity. In the eyes of APJCC, every child is a futuristic change maker and innovator and they are committed to raising a supportive community for children of all cultural backgrounds to excel. With Jewish values at the heart of camp and pre-school philosophies, they develop a community that is nurturing, caring, and confident. They provide [gym Cambrian](#) programs as a backbone through vision your vision can be transformed and promote the well-being of people.

APJCC 20K square foot fitness facility and heated outdoor swimming pool are available for all the members and even non-members can purchase a day pass for free. Sports programs include tennis, basketball, and soccer. They continue to build a thriving community to form meaningful opportunities and ensure access to medical care. They provide various fitness programs and activities, including group fitness, personal training, nutritional coaching, health coaching, indoor pilates reformer, basketball, tennis, on-demand classes, and more. Not only this, but they also have aquatic programs like pool, swim lessons, and more to give people a remarkable experience. You can participate in chair yoga, aqua fit, Zumba (live or virtual), guided mindfulness meditation, spin and strength, and pilates mat (virtual).

If you're looking for a personal trainer or a way to fulfill your fitness regime, you can opt for a [gym in Los Gatos](#) at APJCC. They offer private buddy and small or large group personal training sessions that will train you at the facility or in the comfort of your home. After the program completion, ages 10-12 may work out with personal supervision and ages 13-17 on their own. An active APJCC membership is required to work out in the fitness center and attend the program. If you struggle with any of such categories, including fitness, food habits, environment, and sleep, you can join APJCC to make positive changes to improve your health.

About APJCC:

APJCC Los Gatos welcomes people of all cultural, ethical, and social backgrounds to participate in fitness, aquatic, and learning programs to form an optimal balance of body and mind. They are specialized in group fitness programs, aquatic activities, personal training, and nutrition coaching. Reservations are required for all fitness and wellness classes, which can be made using the My J mobile app, available on App Store and Google Play.

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Source : Addison-Penzak Jewish Community Center

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