

# FUN AND FITNESS TO BROADWAY TUNES

Thursdays

October 7<sup>th</sup> to December 16<sup>th</sup>

10:15 am to 10:45am

Instructor: Richard Feldman



This fun, gentle exercise class is designed to increase flexibility and improve aerobic conditioning through easy movements. Starts Thursday, October 7, 2021. Cost: Free for JCC Members, \$18 Program Guests. Click [here](#) to register or go to [www.albanyjcc.org/register](http://www.albanyjcc.org/register) or call 518-438-6651.

Richard Feldman taught English at Bethlehem High School for 33 years and has directed and choreographed over 125 musicals in and around the Albany area.



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