



Sidney Albert  
Albany JCC

## Group Exercise Schedule February 7, 2021 to March 13, 2021

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:05 AM			Spin (Auditorium)		HIIT (Auditorium)		

### REGISTRATION REQUIRED FOR ALL CLASSES.

PLEASE CLICK ON THE CLASS TO REGISTER FOR CLASSES STARTING FEBRUARY 7TH.  
REGISTRATION OPENS ONE WEEK PRIOR TO THE CLASS START DATE.

8:00 AM							
8:30 AM	SPIN 3/7 (Auditorium)	Aqua Movements (Pool)		Sha Deep (Pool)		Spin (Auditorium)	HIIT/Yoga (Studio)
9:00 AM		Silver Sneakers Classic (Auditorium)					
9:30 AM					Silver Sneakers Yoga (Virtual)		
9:45 AM			Aqua Aerobics (Pool)		Wet Workout (Pool)	Deep Water (Pool)	Aqua Zumba (Pool)
10:00 AM		Yoga (Studio)	Seniors in Motion (Auditorium)			Silver Sneakers Circuit (Auditorium)	
10:30 AM							
11:15 AM			Gravity (Studio)				
12:30 PM			Zumba (Studio)				

To maintain social distancing, classes at the JCC are limited to 8 Members.  
No mats or equipment will be made available (other than spin bikes).

5:30 PM		Yoga (Senior Center)	Chisel (Auditorium)	Pilates (Senior Center)	Tabata (Gymnasium)		
		Spin (Auditorium)		Spin (Auditorium)			
6:00 PM					Zumba (Studio)		

Revised 3/2/21