



Sidney Albert
Albany JCC

Group Exercise Schedule January 10, 2021 to February 4, 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 JANUARY 10TH.
REGISTRATION OPENS ONE WEEK PRIOR TO THE CLASS START DATE.

8:00 AM		Spin (Auditorium)					
8:30 AM	Spin (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 (Auditorium)		
		Spin (Auditorium)		Spin (Auditorium)			
6:00 PM					Zumba (Studio)		

Revised 12/28/20