

# Albany JCC

## Group Exercise Schedule

Effective April 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Cycling (Auditorium) 6:05-6:55am Amanda	(FBS) Full Body Strength (Auditorium) 6:30-7am Charity	Cycling (Auditorium) 6:05-6:55am Amanda	Cycling (Auditorium) 6:05-6:55am Amanda	
	Aqua Movements (Pool) 8:30-9:30am Danielle		Sha Deep (Pool) 8:30-9:30am Danielle			
	Senior Strength (Auditorium) 10-10:50am Derrick		Cycling (Auditorium) 8:30-9:20am Derrick	Chair Yoga (Auditorium) 9:30-10:15am Kathleen	Cycling (Auditorium) 8:30-9:20am Derrick	HIIT/Yoga (Studio) 8:30-9:20am Lisette
	Sha Deep (Pool) 9:45-10:35am Danielle	Aqua Zumba (Pool) 9:45-10:35am Michelle	Sha Deep (Pool) 9:45-10:35am Danielle	Aqua Zumba (Pool) 9:45-10:35am Michelle	Aqua Deep (Pool) 9:45-10:35am Danielle	Aqua Zumba (Pool) 9:45-10:35am Lisette
	Yoga (Studio) 10-11am Martha	Silver Sneakers Circuit (Auditorium) 10-10:50am Joan			Silver Sneakers (Auditorium) 10-10:50am Kathleen	
		Zumba (Auditorium) 12-12:50pm Emma				
	Cycling (Auditorium) 5:30-6:20pm Lisa		Cycling (Auditorium) 5:30-6:20pm Lisa	Tabata (Auditorium) 5:30-6:20pm Jillian		
	Yoga (Studio) 5:30-6:20pm Jen C	Chisel (Auditorium) 5:30-6:20pm Jillian	Pilates (Senior Center) 5:30-6:20pm Emer	Zumba (Studio) 6-6:50pm Stacy		

### Group Exercise Rules

1. You must be a member of the Albany JCC.
2. Once class is over, please wipe down and put away your equipment.
3. For, safety reasons NO ONE is allowed to attend class if they are more than 5 minutes late.
4. The instructor has the right to limit the class size.
5. Classes and instructors are subject to change at any time.
6. Non-marking athletic shoes must be worn at all times unless suggested otherwise by the instructor for classes such as Yoga and Pilates.
7. Weather Policy – cancellation will be determined based on conditions.
8. No cell phones, iPods, or other distracting devices allowed during class.
9. Personal items should be placed in safe and secure areas, not interfering with activity. Albany JCC is not responsible for lost or stolen items.
10. Let the instructor know if you are new or are just starting an exercise program.
11. All aqua classes will have a max of 16 participants. Passes will be handed out 30 mins before start of class
12. The instructor has the authority to remove any individual from class who is disruptive and not abiding by or not adhering to the policies.



## Class Descriptions

- Aqua Mix:** Low-intensity water class held in shallow water that mixes dance moves with water resistance to improve flexibility, balance, strength and endurance.
- Aqua Movement:** This aqua fitness class is held in the shallow water for participants who are seeking a less intense workout. Classes will use water's natural resistance along with aquatic equipment for increasing muscular strength, endurance, flexibility, and cardiovascular efficiency.
- Aqua Deep:** Exercise without impact. This class provides participants with high- intensity training through a variety of movements. Water exercise belts are used for flotation that allows free movement of arm and legs for the ultimate non-impact exercise.
- Aqua Zumba:** Aqua Zumba blends the Zumba philosophy with water resistance for one pool party you shouldn't miss!
- Chair Yoga:** Move your body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance, and range of movement.
- Chisel:** This non- stop workout will create a leaner, stronger, and more flexible body. Something new and exciting EVERY class!
- H.I.I.T.:** A full body workout which includes cardio, strength training, and body weight exercises which will burn fat and build muscle. The workout is different every week which keeps it fresh and alive.
- Yoga:** This class will take you through a series of intentional movements and postures with aim at increasing flexibility, strength, and mindfulness.
- Gravity Strength:** These exciting classes incorporate the use of our state-of-the-art gravity machines and your own body weight to give you a total body strength workout.
- Pilates:** Exercises in this class are based upon strengthening the "core" muscles while increasing flexibility in the legs, arms, and smaller supporting muscle groups. This class focuses on breathing, flexibility, strength, and body awareness to lengthen, define and sculpt muscles.
- Silver Sneakers Circuit:** Increase cardiovascular and muscular endurance with a standing circuit workout. Strength work with hand-held weights, tubing, and a ball is alternated with aerobic choreography. Standing class.
- Cycling:** The indoor/outdoor cycling workout that offers a complete heart pumping, sweat drenched, calorie scorching workout. The instructor will guide participants through different phases, including warm- up, work zone, and cool-down.
- Tabata:** Interval training cycles of 20 seconds of maximum intensity exercise, followed by 10 seconds of rest, repeated without pause 8 times for a total of 4 minutes.
- Zumba:** A hip swinging, booty shaking fun way to a great total body workout. Incorporates salsa, samba, meringue, hip hop, and African rhythms.
- Full Body Strength (FBS):** The format and exercises may change week to week; however, the focus remains the same. This will be a 30-minute total body strength class. Perfect for people that need a great workout but have limited time.