

SIDNEY ALBERT ALBANY JEWISH COMMUNITY CENTER

# FUN AND FITNESS TO THE SONGS OF BROADWAY

A FUN, GENTLE EXERCISE CLASS

**Thursdays 10:15am – 10:45am**

Instructor: Richard Feldman

\$2.25 suggested donation per session



This class is designed to increase flexibility and improve aerobic conditioning through easy movements.



ABOUT THE INSTRUCTOR:



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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The Albany Jewish Community Center is a beneficiary agency of the Jewish Federation of NENY.