

Albany JCC

Group Exercise Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Cycling (Studio) 6:05-6:55am Amanda		Cycling (Studio) 6:05-6:55am Amanda	Cycling (Studio) 6:05-6:55am Amanda	
	Silver Sneaker Mix (Auditorium) 8:30-9:30am Danielle		Silver Sneaker Mix (Auditorium) 8:30-9:30am Danielle			
Cycling (Studio) 8:00-8:50am Gail			Cycling (Studio) 8:30-9:20am Derrick	Chair Yoga (Auditorium) 9:30-10:15am Kathleen	Cycling (Studio) 8:30-9:20am Derrick	HIIT/Yoga (Studio) 8:30-9:20am Lisette
	Silver Sneaker Mix (Auditorium) 9:45-10:35am Danielle	Silver Sneakers Circuit (Auditorium) 10-11am Joan	Silver Sneaker Mix (Auditorium) 9:45-10:35am Danielle		Silver Sneaker (Auditorium) 9:45-10:35am Danielle	
	Yoga (Studio) 10-11am Martha	Zumba (Auditorium) 12-12:50pm Emma			Silver Sneakers (Studio) 10-10:50am Kathleen	
	Cycling (Studio) 5:30-6:20pm Lisa		Pilates (Senior Center) 5:30-6:20pm Emer	Tabata (Auditorium) 5:30-6:20pm Jillian		
	Yoga (Senior Center) 5:30-6:20pm Jen C	Chisel (Auditorium) 5:30-6:20pm Jillian	Cycling (Studio) 5:30-6:20pm Lisa	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.



Sidney Albert
Albany JCC