

# Albany JCC

## Group Exercise Schedule

All classes are included in your membership unless you see \*Class FEE\*

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
Animal Flow (Studio) 10-11am *Class FEE*	Silver Sneaker Mix (Auditorium) 9:45-10:35am Danielle	Zumba Gold (Auditorium) 10-10:45am Kerry	Silver Sneaker Mix (Auditorium) 9:45-10:35am Danielle		Silver Sneaker (Auditorium) 9:45-10:35am Danielle	
Bro-Yoga (Studio) 11:30-12:30pm *Class FEE*	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.
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

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## Group Exercise Class Descriptions

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.

Gentle Yoga: This gentle class will take you through a series of intentional movements and postures with aim at increasing flexibility, strength, and mindfulness.

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 Classic: Move through a variety of exercises designed to increase muscular strength, range of motion and activities of daily living skills. A chair is available if needed for seating or standing support.

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.

Zumba Gold: Active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower intensity. The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination. Come ready to sweat and prepare to leave empowered and feeling strong.

Animal Flow (Class FEE): The epitome of functional training, Animal Flow builds strength, power, stability and endurance, and improves balance, coordination, mobility, flexibility, range of motion and cardiovascular fitness. Animal Flow will make your workouts more efficient and effective and leave you feeling like an apex predator.

Bro-Yoga (Class FEE): Bro-Yoga will compliment any workout you’re already doing – from weightlifting to sports, boxing to triathlons – you’re going to get better at it, prevent injury and recover more quickly. Professional athletes and sports teams worldwide do yoga to help improve their game, boost their athletic performance and increase their overall health.