

ALBANY JCC GROUP EXERCISE SCHEDULE (As of May 2026)

POOL ~ GROUP EXERCISE STUDIO ~ AUDITORIUM ~ SENIOR CENTER~

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:10 AM			Cycle Fit-Callee	Core and More-Charity		Cycle Fit-Callee	
6:30 AM							
8:00 AM							
8:30 AM	Cycle Fit-Nancy	Wet Workout-Danielle		Wet Workout-Danielle		Cycle Fit-Nancy Wet Workout-Danielle	Mat Yoga-Martha
9:00 AM							
9:45 AM		SilverSneakers Circuit- Danielle		SilverSneakers Circuit- Danielle	Chair Yoga-Kathleen		
10:00 AM			Cardio Dance- Joan			SilverSneakers Circuit Kathleen	
10:30 AM							
11:00 AM							
11:30 AM						Zumba Gold-Kerry	
12:00 PM			Zumba --Emma				
12:30 PM							
1:00 PM							
2:00 PM							
5:00 PM							
5:30 PM		Cycle Fit-Lisa Yoga 4 EveryBODY-Jen	Chisel-Jillian	Cycle Fit-Lisa Pilates-Emer	Chisel-Jillian		
6:00 PM					Zumba-Stacey		
6:30 PM							
7:00 PM							

DESCRIPTION OF CLASSES

Cardio Dance: Build cardio endurance (40 minutes standing workout followed by 10 minutes of stretching) while enjoying varied dance rhythms and styles.

Chair Yoga: This gentle and accessible class is designed to improve flexibility, balance, posture, and overall mobility using the support of a chair. Participants will move through seated and standing yoga poses, breathing exercises, and gentle stretches to help reduce tension, increase body awareness, and promote relaxation. Modifications are provided throughout the class, making it ideal for beginners, older adults, or anyone looking for a supportive and comfortable yoga experience.

Chisel: This dynamic circuit-style strength class is designed to give you a fun and effective total-body workout. Using dumbbells and functional movements, participants will strengthen the lower body, upper body, and core while improving endurance and supporting healthy muscles and bones. All fitness levels are welcome, with beginner and advanced modifications provided so everyone can work at their own pace and leave class feeling stronger and energized.

Core and More: This total-body fitness class focuses on strengthening the core while improving balance, posture, stability, and overall functional fitness. Using a variety of exercises and equipment, participants will challenge the abdominal muscles, back, hips, and more to build strength and support everyday movement. Modifications are provided for all fitness levels, making this a fun and effective workout for everybody.

Cycle Fit: The indoor cycling workout offers a complete heart pumping, sweat drenched, calorie scorching workout. This instructor will guide participants through different phases, including warm-up, work zone, and cool-down. Cycle fit is the perfect non-impact workout for all fitness levels.



Mat Yoga: This moderate-to-intense Hatha-style yoga class is designed for participants comfortable getting up and down from the floor. Through standing, seated, and floor poses, participants will improve strength, flexibility, balance, and body awareness while connecting movement with breath. Modifications are offered for common hip, wrist, shoulder, and neck limitations. Class ends with relaxation, leaving you feeling refreshed, grounded, and calm.

Pilates: Exercises in the 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.

SilverSneakers Circuit: Combine fun with fitness to increase your cardiovascular and muscular endurance with a standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing with handles, and a SilverSneakers ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching, and relaxation exercises. Standing class only.

Wet Workout: This class utilizes the resistance of water in both deep and shallow water. Through the use of water fitness equipment, you can increase cardiorespiratory strength and endurance while maintaining joint flexibility.

Yoga 4 EveryBODY: This welcoming class combines gentle and more challenging poses to improve flexibility, balance, strength, and overall wellbeing. Participants should be comfortable getting up and down from the floor. Modifications will be offered.

Zumba: Enjoy this is a high-energy dance fitness class that combines Latin and international music with easy-to-follow choreography for a fun and effective full-body workout. Participants will improve cardiovascular endurance, coordination, balance, and overall fitness while dancing to rhythms such as salsa, merengue, cumbia, reggaeton, and more. This upbeat class creates a motivating party-like atmosphere that makes exercise enjoyable for all fitness levels.

Zumba Gold: Join the party with this fun, low-impact dance fitness class designed for active older adults and beginners. Move to upbeat Latin and international music while improving cardiovascular fitness, balance, coordination, and flexibility in a supportive and easy-to-follow environment.

Group Exercise Rules

1. Participants must be active members of the Albany JCC to attend group exercise class.
2. Please wipe down your equipment after class.
3. Inform the instructor if you are new to class or beginning an exercise program.
4. For safety reasons, participants arriving more than 15 minutes late will not be permitted to join class.
5. Instructors reserve the right to limit class size for safety and space considerations.
6. Class schedules and instructors are subject to change at any time.
7. Non-marking athletic shoes must be worn unless otherwise directed by the instructor for classes such as yoga or pilates.
8. Cell phones, headphones, and other distracting devices are not permitted during class.
9. Personal belongings should be stored in a safe and secure area that does not interfere with class activity. The Albany JCC is not responsible for lost or stolen items.
10. Instructors have the authority to remove any participants who are disruptive or not following class policies and procedures.
11. Weather-related cancellations will be determined based on current conditions and member safety.
12. Participants must be age 13 or older to attend group exercise classes. Participants must be 16 or older to attend spin classes