ALBANY JCC GROUP EXERCISE SCHEDULE (As of November 2026)							
POOL ~ GROUP EXERCISE STUDIO ~ AUDITORIUM ~ SENIOR CENTER~ SPIN ROOM-GYMNASIUM							
	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:10 AM			Cycle Fit-Callee	Core and More-Charity		Cycle Fit-Callee	
6:00 AM							
6:30 AM							
8:00 AM	Movers & Grovers $						
8:30 AM	Cycle Fit-Nancy	Wet Workout-Danielle		*Box N' Burn-Nancy Wet Workout-Danielle		Cycle Fit-Nancy Wet Workout-Danielle	Mat Yoga-Martha
9:00 AM	Beginning Ballet $						Pickleball
9:45 AM		SilverSneakers Circuit-Danielle		SilverSneakers Circuit-Danielle	Chair Yoga-Kathleen		
10:00 AM			Cardio Dance-Joan			SilverSneakers Circuit Kathleen Pickleball	*Chisel-Nell
10:30 AM	*Strong Nation-Tyler						
11:00 AM						Zumba Gold-Kerry	*Barre-Tyler
11:30 AM			Zumba--Emma				
12:00 PM			Pickleball	Pickleball			
12:15 PM	*Bosu Bootcamp						
1:00 PM					*Drums Alive-Kerry		
2:00 PM							
5:00 PM					*Barre-Tyler		
5:30 PM		*Cycle Strong -Lisa Yoga 4 EveryBODY-Jen *Box N' Burn-Nancy	Chisel-Jillian	*Cycle Strong-Lisa Pilates-Emer *Strong Nation-Tyler	Chisel-Jillian		
6:00 PM					Zumba-Stacey		
6:30 PM		Women on Weights-$	*Drums Alive Advanced-Kerry				
7:00 PM					*Candelight Stretch	$=Paid Programming * New Class	

DESCRIPTION OF CLASSES

Barre: This low-impact, full-body workout is inspired by ballet, Pilates, and strength training. Using the barre for support, you'll improve strength, balance, flexibility, posture, and core stability through controlled movements. **All fitness levels welcome**—no dance experience necessary!

BOSU Bootcamp: a drill based cardiovascular and strength class done in a boot camp style format. The combinations of cardio and strength drills are endless and provide a non-stop, challenging total body workout. Drills are performed on the BOSU Balance Trainer and will leave you exhilarated! **Intermediate to Advanced.**

Box N' Burn: combines boxing and circuit training to burn calories, build strength, endurance, and coordination. Work through 3-minute rounds featuring jump rope, shadowboxing, bag work, calisthenics, and core training. **All fitness levels welcome—no boxing experience necessary!**

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

Candlelight Stretch: Unwind and release tension in a peaceful, candlelit setting. This calming, breath-centered class combines gentle flowing movements, longer-held stretches, and mindful breathing to improve flexibility, mobility, and circulation while promoting deep relaxation. Perfect for relieving stress, restoring balance, and reconnecting with your body. **Suitable for all fitness levels.**

Chair Yoga: This gentle, accessible class uses the support of a chair to improve flexibility, balance, posture, and mobility. Enjoy seated and standing yoga poses, breathing exercises, and gentle stretches. Modifications are provided, making it ideal for **beginners, older adults, and all ability levels.**

Chisel: A fun, total-body strength workout using dumbbells and functional movements to strengthen your upper body, lower body, and core while improving endurance. All fitness levels welcome, with modifications so everyone can work at their own pace. **Intermediate to Advance.**

Core and More: 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. **All Levels.**

Cycle Fit: The indoor cycling workout offers a complete heart pumping, sweat drenched, calorie scorching workout. Thie 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.**

Cycle Strong: Take your ride to the next level with a higher-intensity cycling workout featuring challenging climbs, speed intervals, and resistance work. Build cardiovascular endurance, strength, and stamina with this heart-pumping ride. **Intermediate to Advance**

Drums Alive: Drums Alive® is the original evidence-based cardio drumming workout specially designed for the older population, which provides a fun drumming wellness program combining music, movement, and rhythm to support physical, cognitive, social, and emotional wellness. **All Levels**

Drums Alive® Advanced: Turn up the beat and get moving! This fun, high-energy fitness class combines rhythmic drumming, upbeat music, and dynamic movement for a unique full-body workout. Improve cardiovascular endurance, coordination, and strength, while drumming your way to fitness. No drumming experience necessary—just bring your energy and get ready to have fun!

Mat Yoga: A moderate-to-intense Hatha yoga class designed to improve strength, flexibility, balance, and body awareness. Modifications provided. **All levels.**

Pickleball-A fun, social, and fast-paced paddle sport that combines elements of tennis, badminton, and ping-pong. Enjoy friendly play while improving cardiovascular fitness, coordination, agility, and balance. **All skill levels are welcome!**

Pilates: Exercises in the class are based upon strengthening the "core" muscles while increasing flexibility in the legs, arms and smaller supporting muscle groups. **All Levels**

SilverSneakers Circuit: Combine fun with fintess 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. **All Levels**

Strong Nation: STRONG Nation™ is a revolutionary 60-minute, high-intensity, full body workout where every single cardio and muscle-conditioning move is perfectly synced to original music. So instead of counting reps, you train to the beat, pushing past your limits. **Intermediate to Advance**

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 cardio respiratory strength and endurance while maintaining joint flexibility. **All Levels**

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. All Levels

Zumba: Zumba® is a high-energy dance fitness class combining Latin and international music with easy-to-follow moves. Improve cardio endurance, coordination, balance, and overall fitness while dancing to salsa, merengue, cumbia, reggaeton, and more. All fitness levels welcome!

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. **All Levels**

