



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY
5:40 AM	Cycle Fit (Lisa R.)	5:40 Cardio Sculpt (Christina)	Cycle Fit (Christina)	Circuit (Charity)	Cycle Fit (Callee)	
8:15 A.M.		5:40 Cycle Fit (Callee)	SilverSplash (Ann)	9:30 Cardio Sculpt (Jen)	SilverSplash (Ann)	8:30 CycleFit (Christina)
9:30 A.M.	Jazzercise (Vicky) \$\$	8:15 Cycle Fit (Jen)	8:15 Cycle Fit (Jen)		Jazzercise (Vicky) \$\$	
“	Cycle Fit (Eileen)	9:30 Step & Sculpt (Jen)	9:15 Jazzercise (Vicky) \$\$		Boot Camp (Eileen)	9:15 Nia (Beth)
“	Silver Sneakers (Nola)	10:00 Silver Sneakers Cardio Circuit (Noreen)	9:30 Cycle Fit (Eileen)		9:30 Cycle Fit (Christina)	9:30 Jazzercise (Vicki) \$\$
10:30AM	Iyengar/Vinyasa Yoga Fusion (Nola) \$\$	10:25 SilverSplash (Eileen)	10:00 Zumba Gold (Kristine) Check for dates	10:25 SilverSplash (Eileen)	11:30 Silver Sneakers Cardio Circuit (Kerry)	TurboKick ( Lisa )
10:45		11:30 SilverSplash (Eileen)	11:30AM Gravity Feel Good Strength (Eileen) \$\$	11:30 SilverSplash (Eileen)	11:00 am Gravity Feel Good Strength (Eileen)	11:45AM Zumba (Lisa R)
12:15 P.M.		12:15 SilverSneakers Yoga Stretch (Nola)		1:00 Silver Sneakers (Kerry)		
<b>EVENING CLASSES</b>						
4:30 P.M.	4:45 Cycle Fit (Nancy)		Cycle Fit (Neil)			<b>White boxes (Fees Apply) \$\$</b>
5:30 PM		Jazzercise \$\$	Pilates (Emer) \$\$	Jazzercise (Vicky) \$\$		
6:00 P.M.	Cycle Fit (Neil)	5:30 Chisel (Lisa)	Cycle Fit (Crystal)			
“	Iron Yoga (Crystal)		Powerball (Nola)	5:30 Boot Camp (Lisa R)		<b>Gray Blocks (NO FEES!) Free Classes</b>
6:30 P.M.			Beginner Pilates (Emer) \$\$	6:15 Vinyasa Yoga \$\$		
7:00PM		6:30 Zumba (Christina)		Zumba (Christina)		
7:30PM	Golden Eagle Karate (Self Defense) \$\$	6:45 Piyo \$\$		Golden Eagle Karate (Self Defense) \$\$		

# Group Exercise Class Schedule

Summer 2010 Class Schedule  
Updated 5/28/2010



340 Whitehall Road  
Albany, NY 12208  
438-6651 EXT. 123  
Email: TomW@saajcc.org

## Class Fees

Shaded Gray	Always Free
Fee Based Classes \$\$	All Classes in 8 Week Sessions ( 1 class per week )
	Minimum of 4 to Hold Class Maximums may apply
	<b>\$52.00 for 8 weeks</b>

**	<b>JAZZERCISE</b> • <b>\$ 25.00 Enrollment Fee</b>	1 Class \$10.00	\$45.00 Per Month EFT Only	\$88.00 m \$95.00 n 2 months unlimited
**	<b>GOLDEN EAGLE KARATE</b>	1 month \$45/M \$50/Nm	3 months \$115/M \$135/NM	6 month \$200/M \$250/NM

**\*\* Register with Instructors**

## Free Classes

### CHISEL (60 MINUTES)

This non-stop workout will create a leaner, stronger, and more flexible body. Something new and exciting EVERY class!

### TurboKICK™ (60 minutes)

TurboKICK is kickboxing plus! You'll kick, punch, and groove the calories away in this action-packed, super fun and effective cardiovascular workout with bouts of intense drills. Come join the party

## Free Classes cont.

**CYCLE FIT** (45-60 MINUTES) JOIN THE RIDE!!  
The ultimate "spinning" class for everyone. A fun challenging, low impact workout that leads to fast results!!!!

**IRON YOGA** (60 MINUTES) Yoga poses are intensified with the power of dumbbells. Improve lean muscle mass, increase endurance, gain flexibility and relax through meditation.

**BOOTCAMP** (45-60 MINUTES)  
Something new each time. Speed Training, agility, balance, strength and maybe even a little boxing.

**POWER BALL** (60 MINUTES)  
A full body workout with emphasis on CORE muscles. Light weights, bands and your bodyweight will be used to gain muscular strength. The ball will be used as a prop and include yoga stretches and positions to enhance flexibility.

**Silver Sneakers I** (60 MINUTES)  
Have fun and move to music through a variety of exercises designed to increase muscular strength, range of motion and activities of daily living skills. Classes include:

**Cardio Circuit** (60 Minutes)

**Yoga Stretch** (45 mins)

**SilverSplash** (45 mins)

### **Cardio & Sculpt**

Intervals of cardio & strength

### **Zumba**

A hip swinging , booty shaking fun way to a great total body workout. Incorporates salsa, samba, meringue, hip hop, and African rhythms.

### **Nia**

A Fusion of Martial Arts, Dance Arts, and Healing Arts. Increase flexibility, strength, and balance.

## Fee Based Classes \$

Session run in eight week blocks.  
Check with member service desk on current sessions.

**Minimum of four people to conduct class.**

**Maximums may apply.**

**\$8.00 Drop in fee members only, if space available**

**For Gravity, Yoga, Pivo and Pilates Only.**

### **PIYO**

Fusion of Yoga & Pilates principles. Stretch, and strengthen the body with a focus on core Muscles.. Finish with relaxation exercises that leave you soothed and refreshed.

### **MATPILATES**

Beginners to Advance  
Core work and More...stretch, lengthen, and strengthen.

### **GRAVITY** Feel Good Strength

These exciting classes incorporate stability balls, Bosu trainers, and our state of the art gravity machines. Focusing on total body strength and including pilates and yoga core work.

### **Iyengar-Vinyasa Yoga**

Focus on alignment with gentle steady flow. Gain strength, balance, and serenity as you experience this unique approach to the mind/body connection

**Jazzercise** (60 MINUTES) Total body conditioning program that will help you feel great, look terrific, and bring new energy to your life. Combines the art of jazz dance with the beat of today's hottest music to make it fun! Contact Vicky Hans 229-6189 for Info.

**Karate** A traditional martial arts class for the serious student. Open to all ten and older. Self defense and a great workout.