





SAINT JOSEPH'S COLLEGE GROUP FITNESS CLASSES
WEEK OF AUGUST 4 - AUGUST 8 2025

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
SILVERSNEAKERS SPLASH (Theresa) 8 AM - POOL	POOL SHUT DOWN FOR MAINTENANCE 8/5/25 - 8/11/25	POOL SHUT DOWN FOR MAINTENANCE 8/5/25 - 8/11/25	POOL SHUT DOWN FOR MAINTENANCE 8/5/25 - 8/11/25	POOL SHUT DOWN FOR MAINTENANCE 8/5/25 - 8/11/25
AQUA FITNESS (Barbara) 9 AM - POOL		SPIN (Jenna) 8:15 AM- DANCE ROOM		
SILVERSNEAKERS CIRCUIT (Theresa) 9:15 AM - DANCE ROOM	SILVERSNEAKERS CLASSIC (Becky) 9:15 AM - DANCE ROOM	SILVERSNEAKERS MUSCLE (Jenna) 9:15 AM - DANCE ROOM	SILVERSNEAKERS CHAIR YOGA (Theresa) 9:15 AM - DANCE ROOM	NO CLASSES ADMISSIONS SUMMER VISIT DAY
SPIN (Theresa) 10:15 AM- DANCE ROOM			ZUMBA (Maureen) 10:15 AM - DANCE ROOM	
DEB'S DANCE (Deb) 6:30PM - 7:30PM DANCE ROOM		DEB'S DANCE (Deb) 6:30PM - 7:30PM DANCE ROOM		

Classes are open to ALL regardless of your age or insurance! Classes or instructors are subject to change.
Please sign up for all classes at www.picktime.com/alfondcenter



SAINT JOSEPH'S COLLEGE GROUP FITNESS CLASSES
WEEK OF AUGUST 11 - AUGUST 15 2025

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
POOL SHUT DOWN FOR MAINTENANCE 8/5/25 - 8/11/25	SILVERSNEAKERS SPLASH (Jenna) 8 AM - POOL	AQUA FITNESS (Barbara) 8 AM - POOL	SILVERSNEAKERS SPLASH (Becky) 8 AM - POOL	FALL ATHLETE PHYSICALS NO CLASSES
	SILVERSNEAKERS SPLASH (Becky) 9 AM - POOL	BARBARA'S BIRTHDAY PARTY 9AM-11AM STUDENT LOUNGE	DEEP WATER AQUA FITNESS (Becky) 9AM - POOL	
SILVERSNEAKERS CIRCUIT (Theresa) 9:15 AM - DANCE ROOM	SILVERSNEAKERS CLASSIC (Jenna) 9:15 AM - DANCE ROOM	SILVERSNEAKERS MUSCLE (Becky) 9:15 AM - DANCE ROOM	SILVERSNEAKERS CHAIR YOGA (Theresa) 9:15 AM - DANCE ROOM	FALL ATHLETE PHYSICALS NO CLASSES
SPIN (Theresa) 10:15 AM- DANCE ROOM	CARDIO, CORE & MORE (Jenna) 10:15 AM - DANCE ROOM		ZUMBA (Maureen) 10:15 AM - DANCE ROOM	
DEB'S DANCE (Deb) 6:30PM - 7:30PM DANCE ROOM		DEB'S DANCE (Deb) 6:30PM - 7:30PM DANCE ROOM		

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SAINT JOSEPH'S COLLEGE GROUP FITNESS CLASSES
WEEK OF AUGUST 18 - AUGUST 22 2025

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
SILVERSNEAKERS SPLASH (Theresa) 8 AM - POOL	SILVERSNEAKERS SPLASH (Becky) 8 AM - POOL	AQUA FITNESS (Barbara) 8 AM - POOL	SILVERSNEAKERS SPLASH (Theresa) 8 AM - POOL	AQUA FITNESS (Barbara) 8:15 AM - POOL
AQUA FITNESS (Barbara) 9 AM - POOL	SILVERSNEAKERS SPLASH (Becky) 9 AM - POOL	SPIN (Jenna) 8:15 AM- DANCE ROOM	DEEP WATER AQUA FITNESS (Jenna) 9AM - POOL	FIRST YEAR STUDENTS MOVE IN DAY
SILVERSNEAKERS CIRCUIT (Theresa) 9:15 AM - DANCE ROOM	SILVERSNEAKERS CLASSIC (Jenna) 9:15 AM - DANCE ROOM	SILVERSNEAKERS MUSCLE (Jenna) 9:15 AM - DANCE ROOM	SILVERSNEAKERS CHAIR YOGA (Theresa) 9:15 AM - DANCE ROOM	FIRST YEAR STUDENTS MOVE IN DAY
SPIN (Theresa) 10:15 AM- DANCE ROOM	CARDIO, CORE & MORE (Jenna) 10:15 AM - DANCE ROOM		ZUMBA (Maureen) 10:15 AM - DANCE ROOM	
DEB'S DANCE (Deb) 6:30PM - 7:30PM DANCE ROOM		DEB'S DANCE (Deb) 6:30PM - 7:30PM DANCE ROOM		

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Please sign up for all classes at www.picktime.com/alfondcenter

SAINT JOSEPH'S COLLEGE GROUP FITNESS CLASSES
WEEK OF AUGUST 25 - AUGUST 29 2025
FIRST WEEK OF ACADEMIC CLASSES

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
SILVERSNEAKERS SPLASH (Theresa) 8 AM - POOL	SILVERSNEAKERS SPLASH (Becky) 8 AM - POOL	AQUA FITNESS (Barbara) 8 AM - POOL	SILVERSNEAKERS SPLASH (Becky) 8 AM - POOL	AQUA FITNESS (Barbara) 8:15 AM - POOL
AQUA FITNESS (Barbara) 9 AM - POOL	SILVERSNEAKERS SPLASH (Becky) 9 AM - POOL	SPIN (Jenna) 8:15 AM- DANCE ROOM	DEEP WATER AQUA FITNESS (Becky) 9AM - POOL	
SILVERSNEAKERS CIRCUIT (Theresa) 9:15 AM - DANCE ROOM		SILVERSNEAKERS MUSCLE (Jenna) 9:15 AM - DANCE ROOM	SILVERSNEAKERS CHAIR YOGA (Theresa) 9:15 AM - DANCE ROOM	SILVERSNEAKERS MUSCLE (Jenna) 9:15 AM - DANCE ROOM
SPIN (Theresa) 10:15 AM- DANCE ROOM			ZUMBA (Maureen) 10:15 AM - DANCE ROOM	SILVERSNEAKERS SPLASH (Jenna) 10:15 AM - POOL
DEB'S DANCE (Deb) 6:30PM - 7:30PM DANCE ROOM		DEB'S DANCE (Deb) 6:30PM - 7:30PM DANCE ROOM		

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Please sign up for all classes at www.picktime.com/alfondcenter

MORE CLASSES WILL BE ADDED THIS WEEK

If your insurance pays up front for the SilverSneakers program you may attend 3 Splash classes per week free and unlimited Dance Room classes. You will need to scan your SilverSneakers ID card at the Front Desk prior to class. You will need to purchase the punch card for any additional classes you choose to attend. Contact Jenna Chase at jchase@sjcme.edu or 893-6627 if you are not sure if your insurance pays or if you need a new ID printed!

If insurance does not pay upfront for SilverSneakers classes pricing is as follows:

SilverSneakers Community price = \$7 drop in or \$25 for 5 classes

SilverSneakers SJC Staff, Faculty and Alumni price = \$3 drop in or \$25 for 10 classes, Students = FREE

Aqua fitness classes are not covered under the SilverSneakers program.

Aqua Fitness Community price = \$7 drop in or \$60 for 12 classes.

Aqua Fitness SJC Staff, Faculty and Alumni price = \$3 drop in or \$30 for 12 classes, Students = FREE

If you plan to attend both SilverSneakers and Aqua Fitness classes each week you will need to have both punch cards.

The cost for all other Group Fitness classes are as follows:

Community price = \$7 drop in or \$50 for 10 classes

SJC Staff, Faculty and Alumni price = \$3 drop in or \$25 for 10 classes, Students = FREE

Please check in at the Alfond Center Front Desk prior to class. All classes are 45 minutes unless noted.

Schedule is released on Fridays between 7am-7:30am for the following week and subject to change.

On Fridays, you will be able to sign up for 2 POOL classes of your choice (2 SilverSneakers Splash, 2 Aqua Fitness or 1 SilverSneakers Splash and 1 Aqua Fitness).

On Fridays, you will be able to sign up for as many Dance Room classes as you would like!

On Sundays, you may sign up for additional classes in the pool if there are still spaces available.

Please sign up at www.picktime.com/alfondcenter Questions - contact Jenna Chase at jchase@sjcme.edu or 893-6627.

If you signed up for a class and can no longer make it please cancel. To cancel a class email alfondcenter@sjcme.edu

Anyone with a disability who needs accommodations to participate in these classes should contact Jenna Chase jchase@sjcme.edu at least 72 hours in advance of the class.