

# Albright College

## The Schumo Center for Fitness and Well-Being

### Group Fitness Schedule: Spring 2026

January 11<sup>th</sup> to May 2<sup>nd</sup>

#### MONDAY

**Silver Sneakers  
Classic**  
10:30 AM w/Sheri

#### TUESDAY

**Relaxed Fit @ 50**  
9:00 AM w/Brenda

**Arthritis Exercise  
Program**  
10:15 AM w/Brenda

#### WEDNESDAY

**Fit @ 50 Circuit  
Training**  
9:00 AM w/Brenda

**Silver Sneakers  
Classic**  
10:30 AM w/Sheri

#### THURSDAY

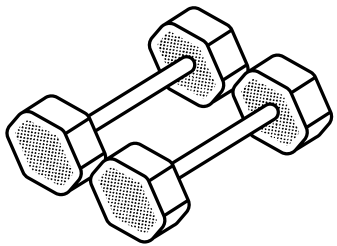
**Fit @50**  
9:00 w/Brenda

**Line Dancing**  
10:00 AM w/Jean

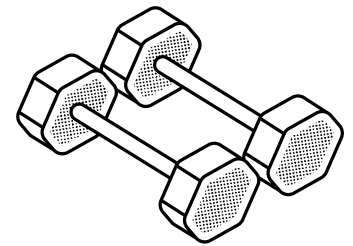
#### FRIDAY

**Relaxed Fit @ 50**  
9:00 AM w/Brenda

**Silver Sneakers  
Classic**  
10:30 w/Sheri



Sign up for the  
community member  
email chain to stay  
updated on facility  
closures and special  
events!



Questions? [schumocenter@albright.edu](mailto:schumocenter@albright.edu)

\*Group fitness classes are only held when two or  
more members are present\*