

Albright College

The Schumo Center for Fitness and Well-Being

Group Fitness Schedule: Summer 2026

May 4th to August 22nd

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

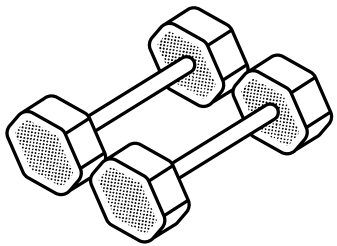
FRIDAY

Relaxed Fit @ 50

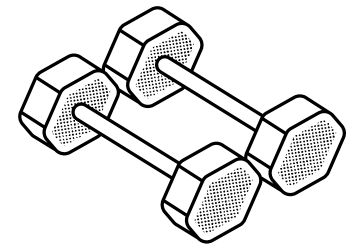
9:00 AM w/Brenda

**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

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