

Group Exercise Updates

Saturday, January 14 – Saturday, January 21, 2017

*This listing is subject to change.

For up to the minute updates, sign up for text and email alerts, www.benderjccgw.org/textalerts

Join us for the global launch of BODYPUMP 100, Sat (1/14) and Sun (1/15).

Saturday Yogalates has a new home...class will be held in Group Studio C.

Saturday Zumba has a new home....class will be held in Group Studio B.

Saturday	14-Jan	10:00 AM	Zumba	GE Staff	Jonelle
Sunday	15-Jan	8:00 AM	BODYPUMP	Laurie	Rachel
Sunday	15-Jan	9:00 AM	BODYSTEP	Sandy	Rachel
Sunday	15-Jan	10:00 AM	Cardio Fusion	Sandy	CANCELLED
Sunday	15-Jan	11:00 AM	Zumba	Michelle	Lauren
Sunday	15-Jan	5:00 PM	Evening Yoga	Robin	Laurie
Monday	16-Jan	8:30 AM	Flow Yoga	Robin	Laurie
Monday	16-Jan	9:30 AM	Circuit Training	Justin	Debbie
Thursday	19-Jan	9:30 AM	20/20/20	Jill	Rhoda
Thursday	19-Jan	6:30 PM	Spin	Raul	Lisa R.
Friday	20-Jan	6:15 AM	Iron Fit Spin	Raul	Karolina
Saturday	21-Jan	10:00 AM	Zumba	GE Staff	Andrea

NOTE: In recognition of Martin Luther King, Jr Day, January 16, 2017, classes held in Group Studio A will be moved.

9:30AM Circuit Training will be in the Glass Racquetball court by the Fitness Center

9:30AM Morning Stretch & Strength will be in Group Studio B

10:30AM Hip Hop will be in the Glass Racquetball court by the Fitness Center