

Group Exercise Updates

Friday, November 17 – Saturday, November 25, 2017

*This listing is subject to change.

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

Special Note for Friday, November 17

8:30AM Zumba Toning will be held in Group Studio C

Subs for the upcoming week are listed here.

Day	Date	Time	Class	Regular Instructor	Instructor (sub)
Friday	17-Nov	8:35 AM	Interval Toning	GE Staff	Alex
Sunday	19-Nov	8:00 AM	BODYPUMP	GE Staff	Rachel
Monday	20-Nov	6:00 AM	BODYPUMP	Rachel	Vicky
Monday	20-Nov	9:30 AM	Circuit Training	GE Staff	Neal
Tuesday	21-Nov	8:15 AM	Interval Toning	GE Staff	Ben
Wednesday	22-Nov	6:00 AM	BODYPUMP	Katherin	Vicky
Sunday	26-Nov	8:00 AM	BODYPUMP	GE Staff	Karolina
Monday	27-Nov	9:30 AM	Circuit Training	GE Staff	Ryan
Tuesday	28-Nov	8:15 AM	Interval Toning	GE Staff	Ben