

## Group Exercise Updates

Friday, March 10 – Saturday, March 18, 2017

\*This listing is subject to change.

For up to the minute updates, sign up for text and email alerts, [www.benderjccgw.org/textalerts](http://www.benderjccgw.org/textalerts)

Day	Date	Time	Class	regular instructor	Instructor (sub)
Saturday	11-Mar	10:00 AM	Zumba	GE Staff	Andres
Monday	13-Mar	9:30 AM	Strength & Stretch	Stacy	Rhoda
Monday	13-Mar	10:30 AM	Sculpt w/ Ball	Stacy	Rhoda
Monday	13-Mar	10:30 AM	Hip Hop	Brandi	Cancelled, Try Zumba Toning at 11:30
Tuesday	14-Mar	5:30 PM	Hip Hop	Brandi	Cancelled, Try Zumba at 7:30
Thursday	16-Mar	6:30 PM	Spin	Raul	Eileen
Friday	17-Mar	6:15 AM	Iron Fit Spin	Raul	Karolina
Saturday	18-Mar	10:00 AM	Zumba	GE Staff	Andrea