

Group Exercise Updates

Friday, May 19 – Saturday, May 27, 2017

*This listing is subject to change.

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

Sub List for the remainder of the week:

Day	Date	Time	Class	Regular Instructor	Instructor (sub)
Friday	17-May	10:30 AM	Triple Fitness	Debbie	Rachel
Friday	18-May	11:30 AM	Pilates Basic	Debbie	Stella
Saturday	19-May	7:15 AM	Spin	Neal	Karolina
Saturday	19-May	8:00 AM	Abs	Neal	Karolina
Saturday	19-May	8:40 AM	Spin	Neal	Karolina
Saturday	20-May	10:00 AM	Zumba	GE Staff	Jonelle
Saturday	20-May	12:00 PM	Stretch & Strength	GE Staff	Class Cancelled
Sunday	21-May	8:00 AM	BODYPUMP	GE Staff	Rachel
Sunday	21-May	5:00 PM	Evening Yoga	Robin	Amy M.
Monday	22-May	6:00 AM	BODYPUMP	GE Staff	Rachel
Monday	22-May	10:30 AM	Hip Hop	Brandi	Class Cancelled
Monday	22-May	10:30 AM	Flow Yoga	Cynthia	Amy M.
Monday	22-May	1:00 PM	Aqua Flex & Stretch	Roz	Lynne
Tuesday	23-May	7:30 PM	Zumba	Andrea	Michelle
Wednesday	24-May	6:00 AM	BODYPUMP	GE Staff	Katherin
Wednesday	24-May	8:30 AM	Spin	Lisa	Class Cancelled
Wednesday	24-May	9:30 AM	Pilates Basic	Rhoda	Stella
Wednesday	24-May	10:30 AM	Balance, Control, Cardio	Rhoda	Class Cancelled Visit Balance and Strength in Studio A instead
Wednesday	24-May	11:30 AM	Triple Fitness	Cynthia	Rachel
Wednesday	24-May	1:00 PM	Aqua Flex & Stretch	Roz	Lynne
Wednesday	24-May	7:00 PM	Aqua Zumba	Andrea	Andrea
Thursday	25-May	9:00 AM	CXWORX	Rachel	Debbie
Saturday	27-May	10:00 AM	Zumba	GE Staff	Alyona
Saturday	27-May	12:00 PM	Stretch & Strength	GE Staff	Class Cancelled