

Group Exercise Updates

Friday, June 23 – Saturday, July 1, 2017

*This listing is subject to change.

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

Changes are coming!

Please note, as camp begins some classes will be changing time and location. **Take a look at the attached schedule so you do not miss your favorite classes.**

Thursday evenings, June 22, June 29, July 6, July 13

6:25PM CXWORX is cancelled

7:00PM Evening Yoga will begin at 7:30pm until 8:55pm

Friday, June 23 –

Zumba moves to 8:00am in the GYM

Restorative Yoga moves to 9:30am in Studio C

BODYPUMP begins as a new class at 9:30 in Studio C

Day	Date	Time	Class	regular instructor	Instructor (sub)
Friday	23-Jun	8:30 AM	Interval Toning	Justin	Class cancelled
Friday	23-Jun	9:30 AM	Circuit Training	Justin	Rachel - BODYPUMP
Friday	23-Jun	9:30 AM	Restorative Yoga	Amy M.	Nitsa
Friday	23-Jun	1:00 PM	Aqua Flex & Stretch	Roz	Lynne
Saturday	24-Jun	10:00 AM	Zumba	GE Staff	Andres
Saturday	24-Jun	3:00 PM	Zumba	Jonelle	Andrea
Sunday	25-Jun	8:00 AM	BODYPUMP	GE Staff	Rachel
Sunday	25-Jun	9:00 AM	NIA	Amy L.	Sue D.
Sunday	25-Jun	5:00 PM	Evening Yoga	Robin	Stella - Will Be Pilates
Monday	26-Jun	8:30 AM	Flow Yoga	Robin	Nitsa
Monday	26-Jun	10:30 AM	Sculpt with Ball	Stacy	Jill
Wednesday	28-Jun	7:30 AM	Flow Yoga	Robin	Nitsa
Wednesday	28-Jun	11:30 AM	Triple Fitness	Cynthia	Rhoda
Thursday	29-Jun	9:30 AM	Morning Yoga	Robin	Amy M.
Thursday	29-Jun	6:25 PM	CXWORX	Karolina	Class Cancelled
Thursday	29-Jun	7:30 PM	Evening Yoga	Robin	Nitsa

ATTENTION MEMBERS
Bender J-CLUB BABYSITTING

SPECIAL SUMMER OPENING HOURS

JCLUB will open at 8:00am
Weekday mornings and Weekends

Summer Hours:
Monday-Thursday
8:00am-12:30pm, 4:30-7:30pm

Friday: 8:00am-12:30pm
Saturday: 8:00am-2:00pm
Sunday: 8:00am-1:00pm

Summer hours
WILL END
FRIDAY SEPTEMBER 1st