

Group Exercise Updates

Friday, August 11 – Saturday, August 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

Please take note of the new PINK schedule. Highlights include:

- **Zumba on Wednesday, Thursday, and Friday is now back at 8:30am**
- **NEW Zumba class begins on Thursday evenings at 7:30pm**
- **Tuesday, Yoga Stretch & Strength is at 10:00am**
- **Friday, Restorative Yoga is at 10:00am**

Below are the sub updates for the coming week:

Day	Date	Time	Class	Regular Instructor	Instructor (sub)
Saturday	12-Aug	9:30 AM	Classic Yoga	Nitsa	Cynthia - will be Flow Yoga
Sunday	13-Aug	8:00 AM	BODYPUMP	GE Staff	Karolina
Sunday	13-Aug	9:00 AM	Cardio Sculpt w Ball	Sandy	Christelle
Sunday	13-Aug	10:00 AM	Cardio Fusion	Sandy	Christelle
Monday	14-Aug	6:00 AM	BODYPUMP	Rachel	Karolina
Monday	14-Aug	9:30 AM	Circuit Training	Justin	Ken
Monday	14-Aug	10:30 AM	Cardio Sculpt w Ball	Stacy	Stella
Monday	14-Aug	7:00 PM	Aqua Pilates	Christelle	Stella
Tuesday	15-Aug	8:15 AM	Interval Toning	Justin	Ben
Tuesday	15-Aug	12:00 PM	Senior Fit	Sandy	Obi
Tuesday	16-Aug	6:30 PM	Spin	Eileen	Raul
Wednesday	16-Aug	8:30 AM	Cardio Sculpt w Ball	Sandy	Rhoda
Wednesday	16-Aug	9:30 AM	Fit Fusion	Sandy	No class this week
Wednesday	16-Aug	11:30 AM	Triple Fitness	Cynthia	Stella
Wednesday	16-Aug	7:00 PM	Aqua Zumba	GE Staff	No class this week
Thursday	17-Aug	9:00 AM	CXWORX	Rachel	No class this week
Thursday	17-Aug	11:30 AM	Drop In Circuit	Justin	Ken
Thursday	17-Aug	4:30 PM	BODYPUMP	Rachel	Stefanie - class will begin at 4:45
Thursday	17-Aug	7:00 PM	Aqua Pilates	Christelle	Stella
Friday	18-Aug	6:15 AM	Iron Fit Spin	Raul	Karolina
Friday	18-Aug	8:30 AM	Interval Toning	Justin	Ben
Friday	18-Aug	9:30 AM	Circuit Training	Justin	Alex
Friday	18-Aug	9:30 AM	BODYPUMP	Rachel	Vicky
Friday	18-Aug	11:30 AM	Butts n Gutts	Sandy	Obi
Friday	18-Aug	12:15 PM	Tone Up/Shape Up	Christelle	Luci

