

## Group Exercise Updates

**Saturday, February 18 – Saturday, February 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](http://www.benderjccgw.org/textalerts)

### **ROOM CHANGE:**

**Saturday, 9:30am Yogalates will return to Group Studio C.**

### **Sub Updates:**

Below are the substitutes for upcoming classes. Classes not listed will operate as normal.

Day	Date	Time	Class	regular instructor	Instructor (sub)
Saturday	18-Feb	10:00 AM	Zumba	GE Staff	Jonelle
Friday	24-Feb	8:30 AM	Interval Toning	Justin	Susan A.
Friday	24-Feb	9:30 AM	Circuit Training	Justin	Susan A.
Saturday	25-Feb	10:00 AM	Zumba	GE Staff	Jonelle