

Group Exercise Updates

Friday, February 24 – Saturday, March 4, 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 Updates:

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

Day	Date	Time	Class	regular instructor	Instructor (sub)
Friday	24-Feb	8:30 AM	Interval Toning	Justin	Ben
Friday	24-Feb	9:30 AM	Circuit Training	Justin	Rachel – BODYPUMP
Saturday	25-Feb	10:00 AM	Zumba	GE Staff	Jonelle
Sunday	26-Feb	8:00 AM	BODYPUMP	Laurie	Stefanie
Sunday	26-Feb	11:00 AM	Flow Yoga	Laurie	Jill
Sunday	26-Feb	12:00 PM	Stretch & Strength	Laurie	Luci
Sunday	26-Feb	9:00 AM	Cardio Sculpt w/ Ball	Sandy	Christelle
Sunday	26-Feb	10:00 AM	Cardio Fusion	Sandy	Class Cancelled
Sunday	26-Feb	5:00 PM	Evening Yoga	Robin	Laurie
Monday	27-Feb	10:30 AM	Hip Hop	Brandi	Class Cancelled
Wednesday	1-Mar	9:30am	Pilates Style	Rhoda	Lisa
Wednesday	1-Mar	10:30 AM	Cardio Style	Rhoda	Michelle - will be Zumba