

Group Exercise Updates

Friday, March 17 – Saturday, March 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

Sub Updates:

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

Day	Date	Time	Class	regular instructor	Instructor (sub)
Friday	17-Mar	6:15 AM	Iron Fit Spin	Raul	Karolina
Friday	17-Mar	1:00 PM	Aqua Flex and Stretch	Roz	Lynne
Saturday	18-Mar	10:00 AM	Zumba	GE Staff	Andrea
Friday	24-Mar	10:30am	Triple Fitness	Debbie	Cynthia
Friday	24-Mar	11:30am	Pilates Basic	Debbie	Obi
Saturday	25-Mar	10:00 AM	Zumba	GE Staff	Jonelle

Couch to 5K

March 28, 2017 – June 10, 2017

Tuesdays | 6:30 PM | Front Lawn

Always wanted to run a 5k but didn't know where to start? Looking to get more fit and lose weight, but you're starting from the sofa? If this sounds like you, it is time for our Couch to 5k!

Receive a training plan, weekly custom team run, access to our expert speaker series that include apparel recommendations, health chats and massage techniques from our therapist! We will train weekly to help you prepare for the Purple Stride Run on June 10th! (Registration for the Purple Stride is not included.)

Cost: Early Bird Registration \$99 by March 24, \$129 members, \$149 public
Program Code: 16689, Skip dates April 11 and 18.

Email Rachel Ossman for details, rossman@benderjccgw.org