

Group Exercise Updates

Friday, April 21 – Saturday, April 29, 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 List for the remainder of the week:

Day	Date	Time	Class	regular instructor	Instructor (sub)
Saturday	22-Apr	10:00 AM	Zumba	GE Staff	Jonelle
Sunday	23-Apr	8:00 AM	BODYPUMP	GE Staff	Stefanie - LAUNCH!!
Sunday	23-Apr	11:00 AM	Flow Yoga	GE Staff	Stella
Sunday	23-Apr	11:00 AM	Zumba	Michelle	Jonelle
Sunday	23-Apr	12:00 PM	Strength & Stretch	GE Staff	Class Cancelled
Monday	24-Apr	6:00 AM	BODYPUMP	GE Staff	Rachel
Wednesday	24-Apr	6:00 AM	BODYPUMP	GE Staff	Rachel
Wednesday	24-Apr	7:00 PM	H2O Aerobics	GE Staff	Andrea - will be Aqua Zumba
Friday	28-Apr	1:00 PM	Aqua Flex & Stretch	Roz	Lynne
Saturday	29-Apr	10:00 AM	Zumba	GE Staff	Andrea