

Group Exercise Updates

Friday, June 22 – Saturday, June 30, 2018

*This listing is subject to change.

For up to the minute updates, sign up for text and email alerts, www.benderjccgw.org/textalerts

Tai Chi will be held in the Social Hall for the remained of the summer

New SPRINT Class. From June 18 – August 28, speed up your Monday evening at 6:45 PM in Studio B.

Weather permitting, Zumba on Tuesday, June 26 is in the Wasserman Gymnasium.

Sub Lists for the upcoming week are below

Day	Date	Time	Class	Regular Instructor	Instructor (sub)
Friday	22-Jun	10:30 AM	Balance & Strength	Luci	Stacy
Friday	22-Jun	10:30 AM	Restorative Yoga	Amy M.	Nitsa
Saturday	23-Jun	3:00 PM	Zumba	Jonelle	Ruth
Sunday	24-Jun	8:00 AM	BODYPUMP	GE Staff	Karolina
Sunday	24-Jun	10:00 AM	Zumba	GE Staff	Ruth
Sunday	24-Jun	11:00 AM	Pilates	Stella	Stacy - Pilates with Ball
Monday	25-Jun	9:30 AM	Yogalates	Jill	Nitsa
Monday	25-Jun	11:30 AM	BODYPUMP	Sandra	Rhoda
Monday	25-Jun	11:30 AM	Zumba Toning	Riko	Andres
Monday	25-Jun	12:45 PM	Balance & Strength	Luci	Rhoda
Wednesday	27-Jun	6:00 AM	BODYPUMP	Katherin	Vicky
Saturday	30-Jun	9:00 AM	Classic Yoga	Nitsa	Amy M.