

## Group Exercise Updates

**Saturday, July 7 – Saturday, July 15, 2018**

\*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)

Group schedules and updates are all posted online, at a new location. Visit <http://www.benderjccgw.org/hours-schedules/> for the most current information.

Note: **Monday, July 9, 11:30am BODYPUMP** is cancelled this week.

## Sub Lists updates

Date	Time	Class	Regular Instructor	Instructor (sub)
7-Jul	9:00 AM	Classic Yoga	GE Staff	Amy M.
8-Jul	10:00 AM	Zumba	GE Staff	Rachel S.
9-Jul	9:30 AM	Circuit Training	Neal	Stacy
9-Jul	11:30 AM	BODYPUMP	Sandra	No class this week
9-Jul	1:00 PM	Aqua Flex & Strength	Roz	Lynne
11-Jul	1:00 PM	Aqua Flex & Strength	Roz	Luci
13-Jul	8:15 AM	Interval Toning	Neal	Stacy
13-Jul	9:30 AM	BODYPUMP	Rachel O.	Vicky
13-Jul	1:00 PM	Aqua Flex & Strength	Roz	Lynne