



Jewish  
Community  
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Washington



# Group Exercise Schedule

## Thursday, December 25, 2014

Time	Class	Instructor	Location
7:00am – 7:45am	SPIN	Neal	Group Exercise Studio
8:00am – 8:55am	Flow Yoga	Lisa	Dance Studio
9:00am – 9:55am	Fit Challenge	Justin	Group Exercise Studio
9:00am – 9:55am	NIA	Amy	Dance Studio
10:00am – 10:45am	SPIN	Eileen	Group Exercise Studio



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## Group Exercise Schedule

**New Year's Eve ● Wednesday, December 31, 2014**

Time	Class	Instructor	Location
7:00am – 7:45am	SPIN	Raul	Group Exercise Studio
8:00am – 9:00am	Flow Yoga	Lisa	Dance Studio
9:00am – 10:00am	Step it Up	Rhoda	Group Exercise Studio
10:00am – 11:00am	Mat Pilates	Rhoda	Group Exercise Studio
10:00am – 11:00am	Zumba	Misty	Dance Studio
11:00am – 12:00pm	Yoga	Laurie	Group Exercise Studio
12:00pm – 1:00pm	Les Mills BODYPUMP	Laurie	Group Exercise Studio
1:00pm – 2:00pm	SPIN + Abs	Gail	Group Exercise Studio



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# Group Exercise Schedule

## New Year's Day ● Thursday, January 1, 2015

Time	Class	Instructor	Location
7:00am – 7:55am	Kangoo	Cristi	Group Exercise Studio
8:00am – 8:55am	Yoga	Lisa	Dance Studio
9:00am – 9:45am	SPIN	Neal	Group Exercise Studio
10:00am – 10:55am	Zumba	Misty	Group Exercise Studio
11:00am – 11:55pm	Yoga	Laurie	Group Exercise Studio
12:00pm – 12:55pm	Les Mills BODYPUMP	Laurie	Group Exercise Studio
1:00pm - 1:45pm	Aqua Fitness	Luci	Indoor Pool
2:00pm – 2:45pm	Aqua Step	Luci	Indoor Pool