



Jewish  
Community  
Center of  
Greater  
Washington



# Labor Day • Monday, September 1, 2014

## Group Exercise Schedule

Time	Class	Instructor	Location
7:15-8:15 a.m.	Spin	Neal	Rec Room (Beside Group Ex Studio)
7:15-8:15 a.m.	Body Pump	Laurie	GE
8:30-10:25 a.m.	ZUMBA PARTY!	Ramon/Eddie/Andrea/Charm	GE
9:30-10:25 a.m.	Circuit Train	Justin	RB
10:30-11:25 a.m.	Sculpt w/ Ball	Stacy	GE
1:00-1:55 p.m.	Balance with Strength	Luci	GE
1:00-1:45 p.m.	Aqua Flex & Stretch	Lynne	OP

**\*There will be no classes after 1:45 p.m. on Labor Day.\***