

Group Exercise Update

HOLIDAY GEX SCHEDULE

Friday, 12/22

8:45 a.m. Raising the Barre with Debi
9:30 a.m. Yoga with Karen
9:30 a.m. Indoor Cycling with Debi
10:40 a.m. Cardio/Tone Fusion with Colby

Saturday, 12/23

8:30 a.m. Zumba with Belinda
8:30 a.m. Indoor Cycling with Judy
9:30 a.m. Burn/Firm with Vin
9:30 a.m. Indoor Cycling with Judy

Sunday, 12/24

8:00 a.m. Shed/Sweat Extreme with Eddy
9:00 a.m. Indoor Cycling with Debi

Monday, 12/25

9:00 a.m. Body Blast with Elizabeth
10:00 a.m. Indoor Cycling with Judy

Tuesday, 12/26

9:00 a.m. Anything Goes! With Debi
8:00 p.m. Tabata Challenge with Vin

Wednesday, 12/27

9:30 a.m. POUND/Sculpt with Debi
10:30 a.m. Zumba Gold with Miriam
7:45 p.m. Indoor Cycling with Lee

Thursday, 12/28

Fitness Center/GEX Studio Closed
7:45 p.m. Indoor Cycling with Judy

Friday, 12/29

8:45 a.m. Raising the Barre with Debi
10:40 a.m. Cardio/Tone Fusion with Colby

Saturday, 12/30

8:30 a.m. Zumba with Belinda
8:30 a.m. Indoor Cycling with Judy
9:30 a.m. Burn/Firm with Vin
9:30 a.m. Indoor Cycling with Judy

Sunday, 12/31

8:00 a.m. Shed/Sweat Extreme with Eddy
8:00 a.m. Indoor Cycling with Elit
9:00 a.m. Tabata Challenge with Shari
9:45 a.m. Pilates with Shari

Monday, 1/1/18 NEW YEAR'S DAY

9:30 a.m. New Year, New You! Dance with Aaron
10:30 a.m. New Year, New You! Cycling with Craig

Over 40 FREE Group Exercise classes each week!
Pick up a Group Exercise schedule in the Fitness Center or
visit www.jccnj.org!



live up

Debi Price, Fitness Director
908-889-8800 x225
dprice@jccnj.org