

Group Exercise Update

Memorial Day Weekend Schedule

Sunday, May 28

8:00 a.m. Spin with Elit

**8:00 a.m. Shed/Sweat Extreme
with Eddie**

Monday, May 29

8:45 a.m. Happy Monday with Debi

9:30 a.m. Yoga with Karen

10:30 a.m. Spin with Craig

These are the only classes scheduled during this weekend

**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