

Group Exercise Update

THANKSGIVING SCHEDULE

Wednesday, November 22

Spin with David - 6:00 a.m.

Upper/Lower Body Blast with Elizabeth – 8:45 a.m.

POUND CANCELLED – 9:30 a.m.

Spin with Elizabeth – 9:30 a.m.

Zumba Gold with Miriam – 10:30 a.m.

Zumba with Aaron – 5:45 p.m.

Spin with Lee – 7:45 p.m.

Thursday, November 23 – Happy Thanksgiving!

Turkey Burner Workout!

Pump it UP! with Shari – 9:00 a.m.

(No other scheduled GEX classes)

Fitness Center Hours: 7:00 a.m.– 12:00 p.m.

**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

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