

Group Exercise Update

INDOOR CYCLING SUNDAY SUMMER SCHEDULE

June 25 – 8:00 a.m. and 9:00 a.m. with Elit

July 2 – 8:00 a.m. with Debi and 9:00 a.m. with Elizabeth

July 9 – 8:00 a.m. with Elit and 9:00 a.m. with Lee

July 16 and 23 – 8:00 a.m. and 9:00 a.m. with Elit

July 30 – 8:00 a.m. with Debi and 9:00 a.m. With Lee

August 6 – 8:00 a.m. with Debi and 9:00 a.m. cancelled

August 13 , 20 and 27 – 8:00 a.m. with Elit and 9:00 a.m. with Lee

September 3 0 8:00 a.m. with Elit and 9:00 a.m. cancelled

Beginning September 10,
we resume our regular indoor cycling schedule

**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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