

## Group Exercise Update

# KID INDOOR CYCLING UPCOMING SCHEDULE

There will be no 4:30 p.m.  
Kid Indoor Cycling class on  
Tuesday, December 19  
Tuesday, December 26  
Tuesday, January 2

Sorry for any inconvenience.

Over 40 FREE Group Exercise classes each week!  
Pick up a Group Exercise schedule in the Fitness Center  
or visit [www.jccnj.org](http://www.jccnj.org)!



live up

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