



# Group Exercise Schedule

Effective August 22, 2010

Ronald Gardenswartz Jewish Community Center of Greater Albuquerque  
5520 Wyoming Blvd NE - Albuquerque, NM 87109 - 505-332-0565

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 a.m.			Muscle Hour Lolli		Full Body Workout Lolli		
7:00 a.m.	Zumba Yajaira						
8:25 a.m.	Muscle Step Rachael	Cardio Hour Jennifer	Waist Up Jacque	Tracks Jacque	<b>PowerFlex</b> Rachael	Boot Camp Karen	Zumba 8:00 am Sheryl
9:30 a.m.	Cardio Kick Renee	Power Sculpt ----- Boot Camp (in gym)	Intervals Jacque	Cardio Kick Lolli	20/20/20 Rachael	Zumba Kristle	<b>PowerFlex</b> 9:15 am Debbie
10:35 a.m.	Yoga Jeff	Fit Ball Jacque	Cardio Dance	Yoga Laura 1hr & 15min	Tai-Chi Sifu James	Yoga Pam	Power Yoga Sarka
12:00 noon	Light Pilates Mat Mary Jane	Yoga Michael	Bands Plus Lolli	Pilates Mat Marsha	Yoga Strength & Core Kia 1 hr. & 15 min.		
1:00 p.m.			Yoga Strength & Core Kia				
2:30 p.m.							
3:30 p.m.		Pilates Marsha					
4:00 p.m.			Ab Lab Sherri 4:15 -4:30		<b>Just for Kicks</b> 3:15-4:00 & 4:15-5:00 Logan \$		Pilates Mat Liz
4:30 p.m.	Cardio Salsa Michele	Zumba Alex	<b>PowerFlex</b> Sherri	Cardio Kick Leonard			
5:30 p.m.	<b>PowerFlex</b> Plus Pattie	Boot Camp Jessica	Zumba Yajaira	Step Karen			
6:35 p.m.	Global Motion Ends 8/30 Rachel M.	Yoga Tara	Full Body Workout Karen	Yoga Will			

Group Fitness Director Cathy Driscoll 348-4485  
Group Fitness Coordinator Lolli Villanueva 348-4473  
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