



# Group Exercise Schedule

June 8, 2008

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		Muscle Step Lolli		
8:25 a.m.	Power Sculpt Kesha	Cardio Dance Paulette	Waist Up! Jacque	Zumba Vanessa	<b>PowerFlex</b> Lolli		Zumba 8:00 am Vanessa
9:30 a.m.	Step & Sculpt Colleen	Power Sculpt Jacque	Muscle Step Jacque	Muscle Kick Lolli	Move It Jacque		<b>PowerFlex</b> 9:15 am Debbie
10:35 a.m.	Yoga Laura	Fit Ball Jacque	Fat Blasters Paulette	Yoga Michael 1hr & 15min	Tai-Chi Sifu Dug		Yoga Sarka
12:00 noon	Light Pilates Mat Mary Jane	Yoga Michael	Bands Plus Lolli	Pilates Mat Marsha	Yoga II Michael 1 hr. & 15 min.		
1:15 p.m.							Pi-Yo Fusion Sarka
2:30 p.m.			Tai-Chi 2:00 pm Sifu Dug			Yoga for Beginners Sarka	
3:45 p.m.							
4:00 p.m.			Ab Lab Sherri 4:15 -4:30		Just for Kicks 3:15-4:00 & 4:15-5:00 Logan \$	Kawakido Logan \$ 1 ½ hrs.	Pilates Mat Liz
4:30 p.m.	Cardio Salsa Michele		<b>PowerFlex</b> Sherri				
5:30 p.m.	Muscle Step Lawrence	Boot Camp Beverly	Zumba Vanessa	Kick Step Lawrence			
6:35 p.m.		Yoga Michelle		Yoga Will			

Group Fitness Director Cathy Driscoll 348-4485  
Group Fitness Coordinator Lolli Villanueva  
Visit our website @ [www.jccabq.org](http://www.jccabq.org)