



# Group Exercise Schedule

Tentative Start Date January 14, 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.	Step <i>New Class!</i> Laurie		Muscle Hour  Lolli		Muscle Step  Lolli		
8:25 a.m.	Power Sculpt  Kesha		Waist Up!  Jacque		<b>PowerFlex</b> Lolli		
9:30 a.m.	Step <i>New Class!</i> Joe	Power Sculpt Jacque	Muscle Step  Jacque	Muscle Kick  Lolli	Circuit Tracks  Jacque		<b>PowerFlex</b>  9:15 am Debbie
		Boot Camp Cathy/Lolli					
10:35 a.m.	Yoga  Serena	Fit Ball  Jacque	Fat Blasters <i>New Class!</i> Paulette	Yoga 1hr & 15min Michael	Tai-Chi  Sifu Dug		Yoga  Sarka
12:00 noon	Light Pilates Mat Mary Jane	Yoga  Michael	Bands Plus  Lolli	Pilates Mat  Marsha			<b>Pre-Dance \$</b> <b>11:45-12:30</b>
1:15 p.m.						Yoga for Beginners <i>New Class!</i> Sarka	<b>Hip Hop II \$</b> <b>12:25-1:35</b>
4:15 p.m.			Ab Lab Sherri		<b>Just for Kicks</b> <b>3:15-4:00</b> <b>&amp;</b> <b>4:15-5:00</b> <b>Logan \$</b>	Pi-Yo Fusion Sarka	Pilates Mat
4:30 p.m.	Cardio Salsa  Michele		<b>PowerFlex</b> Sherri			2:30-3:30 pm	Liz 4:00-5:00 pm
5:30 p.m.	Muscle Step  Lawrence	Pilates Mat  Marsha	Muscle Kick <i>New Class!</i> Joe	Kick Step  Lawrence			
6:35 p.m.		Vinyasa Flow Yoga Serena		Yoga  Will			
7:40 p.m.							

Group Exercise Director Cathy Driscoll 348-4485

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