



Group Exercise Schedule

Effective September 1, 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	Cardio Hour Jacque	POWER FLEX 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	Cardio Blast Rachael	Zumba Kristle	POWER FLEX 9:15 am Debbie
10:35 a.m.	Yoga Strength & Core Kia	Fit Ball Jacque	Cardio Dance	Yoga Laura 1hr & 15min	Yoga Strength & Core Kia	Yoga Pam	Power Yoga Sarka
12:00 noon	Light Pilates Mat Mary Jane	Yoga Michael	Muscle Hour Jennifer	Pilates Mat Marsha	Tai-Chi Sifu James		Children's Pre-Dance \$\$ 12-12:45
1:00 p.m.			Yoga Strength & Core Kia				Children's Dance I \$\$ 1-1:55
2:30 p.m.							Children's Hip Hop \$\$ 2-2:55
3:30 p.m.		Pilates Marsha			Just for Kicks 3:15-4:00 & 4:15-5:00 Logan \$		
4:00 p.m.			Ab Lab Sherri 4:15 -4:30			Pilates Mat Liz	
4:30 p.m.	Cardio Salsa Michele	Zumba Alex	POWER FLEX Sherri	Cardio Kick Leonard			
5:30 p.m.	POWER FLEX Plus Pattie	Boot Camp Jessica	Zumba Yajaira	Step Karen			
6:35 p.m.	Yoga for Beginners Jeff	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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