



4th ST - GX SCHEDULE - JUNE 2017

BodyWorks Family Life Center
5402 - 4th Street (806) 687 - 4242

Group Exercise Director: Rachel White
rachel@gobodyworks.com
Questions about Zumba? Contact Brandi Wilson
brandipwilson@gmail.com

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
GX Room #1		9:00a GRIT STRENGTH Tish				9:00a GROUP POWER Heather	9:00a WAR++ Tricia
		6:00p GROUP POWER Rachel	5:30p GRIT STRENGTH Melissa				
			6:00p ZUMBA Jessica V	6:00p GRIT STRENGTH Leigh	6:00p WAR Shelly J		
		7:00p ZUMBA Mandy	<i>new time!!</i> 7:00p GROUP CORE Janelle	6:30p GRIT CARDIO/PLYO Leigh	7:00p HIP HOP Angelita		
			8:00p ZUMBA Lupe	<i>new time!!</i> 7:10p ZUMBA Jessica G	8:00p ZUMBA Mandy		
				<i>new format!!</i> 8:10p STRONG Lupe			
Group X Room #2		4:30p JAZZERCISE Megan	10:00a YOGA Lindsay		10:00a PILATES Evan		<i>new time!!</i> 10:00a YOGA Mariluz
		5:30p - 7:00p WARM YOGA Lindsay	5:30p PILATES Sandi	5:30p YOGA Mariluz	5:30p PILATES Sandi		
			6:30p JAZZERCISE Megan		6:30p JAZZERCISE Megan		