



4th ST - GX SCHEDULE - NOVEMBER 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 | <p>Join the Z Crew for Fiesta!!</p> <p>SAt 11/11 9:00a - 10:30a at BW 34th</p> | | 5:30p GRIT STRENGTH Melissa | | | | <p>9:00a WAR++ Tricia (no class 11/11 due to training)</p> | |
| | | 6:00p GROUP POWER Rachel | 6:00p ZUMBA Mandy | 6:00p GRIT STRENGTH Leigh | 6:00p WAR Shelly J (no class 11/23) | | | |
| Group X Room #2 | | 7:00p ZUMBA Mandy | 7:00p GROUP CORE Janelle | 6:30p GRIT CARDIO/PLYO Leigh (no class 11/22) | 7:00p HIP HOP Cynthia (no class 11/23) | | | |
| | | | 8:00p ZUMBA Cande | 7:10p ZUMBA Jessica G (no class 11/22) | 8:00p ZUMBA Cande (no class 11/23) | | | |
| | | | 4:30p JAZZERCISE Megan | 10:00a YOGA Lindsay | 5:30p YOGA Kayli' (no class 11/22) | 10:00a PILATES Evan (no class 11/23) | | 10:00a YOGA Mariluz |
| | | 5:30p - 7:00p WARM YOGA Lindsay | 5:30p PILATES Sandi | 6:30p JAZZERCISE Megan | 5:30p PILATES Sandi (no class 11/23) | 6:30p JAZZERCISE Megan (no class 11/23) | | |