



4th ST - GX SCHEDULE - SEPTEMBER 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		6:00p GROUP POWER Rachel <i>(no class 9/4)</i>	5:30p GRIT STRENGTH Melissa		6:00p WAR Shelly J		9:00a WAR++ Tricia
		7:00p ZUMBA Mandy <i>(no class 9/4)</i> <i>(no class 9/11... join the Z Crew for FIESTA 5:30p - 7p @ BW 34th!!)</i>	6:00p ZUMBA Mandy	6:00p GRIT STRENGTH Leigh	6:00p WAR Shelly J		
Group X Room #2		4:30p JAZZERCISE Megan <i>(no class 9/4)</i>	7:00p GROUP CORE Janelle	6:30p GRIT CARDIO/PLYO Leigh	7:00p HIP HOP Cynthia		
		5:30p - 7:00p WARM YOGA Lindsay <i>(no class 9/4)</i>	8:00p ZUMBA Cande	7:10p ZUMBA Jessica G	8:00p ZUMBA Tiffany		
			10:00a YOGA Lindsay		10:00a PILATES Evan		10:00a YOGA Mariluz
			5:30p PILATES Sandi	5:30p YOGA Mariluz	5:30p PILATES Sandi		
			6:30p JAZZERCISE Megan		6:30p JAZZERCISE Megan		