



4th ST - GX SCHEDULE - JULY 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 <i>(no class 7/3)</i>				9:00a GROUP POWER Heather	9:00a WAR++ Tricia <i>(no class 7/1)</i>
		6:00p GROUP POWER Rachel <i>(no class 7/3)</i>	5:30p GRIT STRENGTH Melissa <i>(no class 7/4)</i>				
		7:00p ZUMBA Mandy <i>(no class 7/3)</i>	6:00p ZUMBA Jessica V <i>(no class 7/4)</i>	6:00p GRIT STRENGTH Leigh	6:00p WAR Shelly J		
			7:00p GROUP CORE Janelle <i>(no class 7/4)</i>	6:30p GRIT CARDIO/PLYO Leigh	7:00p HIP HOP Angelita		
			8:00p ZUMBA Cande <i>(no class 7/4)</i>	7:10p ZUMBA Jessica G	8:00p ZUMBA Mandy		
Group X Room #2		4:30p JAZZERCISE Megan <i>(no class 7/3)</i>	10:00a YOGA Lindsay <i>(no class 7/4)</i>		10:00a PILATES Evan		10:00a YOGA Mariluz
		5:30p - 7:00p WARM YOGA Lindsay <i>(no class 7/3)</i>	5:30p PILATES Sandi <i>(no class 7/4)</i>	5:30p YOGA Mariluz	5:30p PILATES Sandi		
			6:30p JAZZERCISE Megan <i>(no class 7/4)</i>		6:30p JAZZERCISE Megan		