



GX SCHEDULE - MAY 2012

BodyWorks Family Life Center
5402 - 4th Street

Group Exercise Director: Rachel White
rachel@gobodyworks.com

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
GX Room #1			5:15a ZUMBA Kecia		5:15a RIPPED Alicia		9:00a POWER/STEP COMBO Brandi T/Melinda
	2:00p RIPPED Frances	9:00a GROUP POWER Melinda	9:00a ZUMBA Krystle	9:00a RIPPED Rachel	9:00a GROUP KICK Melinda	9:00a ZUMBA Krystle	
	3:15p GROUP POWER Chris	4:30p ZUMBA Brandi W <i>(no class 5/28)</i>		4:30p ZUMBA TONING Ashley M	4:30p ZUMBA Shawna		10:30a ZUMBA TONING Ashley M <i>(no class 5/5... ...join us for FIESTA!! 9-10:30a)</i>
		5:40p RIPPED Rachel <i>(no class 5/28)</i>	5:40p ZUMBA Ashley M	5:40p GROUP POWER Heidi	5:40p PILOXING Rachel	5:40p ZUMBA Alma	
		6:45p ZUMBA TONING Kecia <i>(no class 5/28)</i>	6:45p GROUP STEP Melissa	6:45p ZUMBA Monica	6:45p GROUP POWER Chris		
		8:00p ZUMBA Gavina		8:00p ZUMBA Alma			
Group X Room #2	3:00p YOGA Lindsay <i>(no class 5/27)</i>		10:00a YOGA Evan		10:00a MAT PILATES Brandi T	Join the Z Crew for Cinco de Mayo FIESTA!! Sat 5/5 @ BW 4th 9-10:30a!	9:15a PILOXING Frances
		5:40p YOGA Lindsay <i>(no class 5/28)</i>	5:40p MAT PILATES Sandi	6:45p GROUP CENTERGY Johnna	5:40p GROUP CENTERGY Johnna		