



FEBRUARY 2012

5025-50th Street / (806) 788-5500

Group X Director - Rachel White
 rachel@gobodyworks.com

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Wood Room		5:30p JAZZERCISE Megan	5:30p YOGA Mariluz	5:30p ZUMBA Becky	5:30p YOGA Mariluz		9:00a ULTIMATE WORKOUT Sandi
		6:30p ZUMBA Alma/Monica	6:30p JAZZERCISE Megan	6:30p ULTIMATE WORKOUT Mimi	6:30p JAZZERCISE Megan		10:00a YOGA Mariluz

Notes...

Have you tried any Kettlebell classes at The Zoo?!
This high intensity cardio & weight training class is great for those wanting to build muscle & cardiovascular endurance.
You'll feel this workout in every part of your body - from legs & gluts to shoulders & abs!
The class uses a weight called a Kettlebell which is an iron ball shaped weight with an ergonomic handle for easy use.
Try a kettlebell class today!

****Additional fees apply for Kettlebell classes - ask the front desk for more information.***