



FEBRUARY 2012 - GROUP EXERCISE SCHEDULE

WOMEN'S ONLY CLUB: 5715-82nd Street / 783-0044
 Group X Director - Rachel White - rachel@gobodyworks.com

check out www.gobodyworks.com
 to download schedules!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2:00p GROUP GROOVE Yvette	5:15am GROUP STEP Susan	5:15am GROUP POWER Susan	5:15am GROUP STEP Johnna	5:15am GROUP POWER Susan	5:15am GROUP STEP Johnna/Melissa	9:00am GROUP GROOVE Kelly
	8:30am GROUP STEP Haley	8:30am PILOXING Misty	8:30am BODY SCULPTING Angela	8:30am ZUMBA TONING Jamie	8:30am GROUP STEP Alicia	
3:00pm GROUP CENTERGY Melissa	9:45am RIPPED Elizabeth	9:45am GROUP CENTERGY Rachel	10:00am ZUMBA TONING Jamie	9:45am GROUP CENTERGY Linda	9:45am GROUP POWER Susan	10:15am GROUP POWER Angela
	11:00am GROUP CENTERGY Linda	11:00am ZUMBA Jamie			11:00am ZUMBA Jamie	
	4:15p GROUP POWER Wanda!!	4:15p GROUP CENTERGY Evan	4:15p GROUP POWER Wanda!!			
	5:15p - 5:45p <i>RECESS!!</i> Selena	5:15p - 5:45p <i>RECESS!!</i> Selena	5:15p - 5:45p <i>RECESS!!</i> Selena	5:15p - 5:45p <i>RECESS!!</i> Selena		
Specific questions about Zumba? Contact Brandi Wilson, Zumba Coordinator, at brandi@ gobodyworks.com	6:00p GROUP STEP Brandi T	6:00p GROUP GROOVE Kelly	6:00p RIPPED Elizabeth	6:00p GROUP POWER Brandi T		
	7:00p ZUMBA Jamie	7:00pm ZUMBA TONING Jamie	7:00p ZUMBA Gina			

**Join the
Z CREW
for
FIESTA!
Sat 2/11
9-10:30
@
BW 4th!**