

Visit Baylorhealth.com/BaylorWorx for our Membership Guide,
Membership Application, Exercise Class Schedule and class description.

MORE GOOD STUFF



ZUMBA IS COMING – ZUMBA IS COMING –

Starting Monday, April 5th at 7:45pm. The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. Our goal is simple: We want you to want to work out, to love working out, to get hooked. Zumba® -an absolute blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life.



NEW EXTENDED HOURS OF OPERATION FOR BWX FITNESS

Starting March 1st BaylorWorx Wax will have the following hours

Monday through Thursday 5:30am to 9:00pm

Friday 5:30am to 6:00pm

Saturday 8:00am to 12noon

These hours have been extended to help our members and potential new members to get their work out in before work or be able to work out after their shift or their commute gets them back in Waxahachie. We want to encourage everyone to utilize these extended hours that BaylorWorx is open. You know what happens to things that are UNDER utilized!!!!!!!



SPECIALTY CLASSES AT BAYLORWORX WAXAHACHIE FOR MARCH, APRIL AND MAY

MARCH

STEP CLASS - Step is 20 years old in 2010 and we thought it would be fun to bring it back for all those who loved it.

Class time Monday 7:30pm

Start Date March 1st Instructor Kendra

TOTAL PACKAGE - Learn the true elements of fitness walking along with core conditioning with plank work.

Class time Wednesday 9:45am

Start Date March 10th Instructor Diane

APRIL

Band Conditioning - The most affordable, portable, and essential piece of equipment for home, office and travel. Learn what a terrific work out you can get with bands.

Class time Wednesday 9:30am

Start Date April 7 Instructor Melody

MAY

On the Ball - The stability ball is another essential piece for home, office and exercise class. Learn all the great abdominal, upper body, lower body and balance exercises that can be done

Class time Saturday 9:15am

Starts May 1st Instructor Angie



DIETARY GUIDANCE CLASSES – This helpful class meets the second and last Monday of the month at 6:45pm. Your instructor is Angie. The following are the topics for March, April and May

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| March 8th | Reasons for being Overweight & eating triggers |
| 29th | Meat, poultry, fish, dry beans, eggs & nuts group |
| April 12th | Vegetables in your Diet |
| 26th | Fruit in your Diet |
| May 10th | Milk, Yogurt and cheese in your Diet |
| 24st | Breads, cereals, rich and pasta in your Diet |

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NEW MEMBER SPECIAL PRICING

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3 PERSONAL TRAININGS FOR \$99.00 – 1:1 with a trainer to help you with a system to a stronger healthier you.

3 GROUP TRAININGS FOR \$75.00 – 2 or more buddies get together with a personal trainer and help motivate, challenge and be accountable to one another. This system has got 5 times the chance to succeed.