

# SPRING

## into action

move to end abuse

## session calendar

sponsored by



### wednesday

### thursday

### saturday

#### week 1

**3/3 6:00pm**  
 Hip Hop Dance  
*Jacqueline Martinez*

**6:30pm**  
 Barre  
*Becky Stafford*

**3/4 6:00pm**  
 Butts and Guts  
*Brian Guzman*  
 BG Move

**6:30pm**  
 Zumba  
*Erika Robles*

**3/6 9:30am**  
 Zumba  
*Liz Romero*

#### week 2

**3/10 6:30pm**  
 Chair Pilates  
*Genie Gonzales*  
 \*chair required

**3/11 6:00pm**  
 Gentle Hatha Yoga  
*Jamie Balley*  
 Matsu Maya Yoga

**6:30pm**  
 Surrender Meditation  
*Esther Zapata*  
 EP Self Defense

**3/13 9:00am**  
 Body Tune Up  
*Brian Guzman*  
 BG Move

**9:30am**  
 Cardio Dance  
*UTEP Dance Team*

#### week 3

**3/17 6:30pm**  
 Chair Pilates  
*Genie Gonzales*  
 \*chair required

**3/18 6:30pm**  
 Cardio Kickboxing  
*Amber Banda*

**3/20 9:30am**  
 Yoga  
*Angelica Claudia Lopez*

**10:00am**  
 Meditation  
*Veronica Valenzuela Schroder*

#### week 4

**3/24 6:30pm**  
 Chair Pilates  
*Genie Gonzales*  
 \*chair required

**3/25 6:00pm**  
 Butts and Guts  
*Brian Guzman*  
 BG Move

**6:30pm**  
 Fitness Bootcamp  
*Kai TKFit*

**Family Fitness Fiesta child friendly sessions**

**3/27 9:10am**  
 Vinyasa Flow Yoga  
*Elena Acosta*

**9:30am**  
 Boot Camp for Kids  
*Moses Tamayo*

**10:00am**  
 Kid Power  
*Itze Bernal*  
 Kid Power Run Club

#### additional sponsors



DREAMWEAVER

Southwest