


ZUNI WELLNESS CENTER FITNESS SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00 AM ZUMBA - MIX LYDIA	6:00 AM CIRCUIT LORIE	8:00 AM AEROBICS LYDIA	6:00 AM ZUMBA MIX LORIE	8:00 AM MIX LYDIA	9:00 AM STEP/FLOOR PHILLIP	
1:00 PM ZUMBA-MIX LORIE	9:00 AM STEP LYDIA	9:00 AM COUNTRY ANDRES	10:00 AM ZUMBA ANDRES	9:00 AM OLDIES ANDRES	10:00 AM ZUMBA ANDRES	
APRIL	10:00 AM ZUMBA ANDRES	12:00 PM BUTTS & GUTS BECCA/PHILLIP	12:00 PM ZUMBA LORIE	12:00 AM BUTTS & GUTS BECCA /PHILLIP	12:00 PM ZUMBA PHILLIP	
	12:00 PM ZUMBA LORIE	4:30 PM MOBILITY/ ZUMBA REBECCA	4:30 PM ZUMBA ANDRES	4:30 PM BATTLE ROPES REBECCA		
	4:30 PM ZUMBA ANDRES	5:30 PM ZUMBA - MIX PHILLIP	5:30 PM STRONG REBECCA	5:30 PM ZUMBA - MIX PHILLIP		
	5:30 PM BATTLE ROPES REBECCA					

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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9:00 AM PHILLIP	6:00 AM LORIE	9:00 AM PHILLIP	6:00 AM LORIE	6:00 AM PHILLIP	
5:30 PM PHILLIP	9:00 AM PHILLIP	12:00 PM LYDIA	9:00 AM PHILLIP	12:00 PM ZOOM ASK ME NOW	
	4:00 PM BRANDON	5:30 PM PHILLIP	4:00 PM BRANDON	ZOOM ID 88950836080 WEDNESDAY	





ZUNI WELLNESS CENTER

WINTER HOURS

MONDAY - THURSDAY

6:00 A.M.-6:45 P.M.

FRIDAY 6:00 A.M.-4:45 P.M.

SUNDAY 8:00 AM TO 4:45 AM

OPTIONAL ON FACE MASK Health Questionnaire CIB/CENSUS REQUIRED

WEIGHT/CARDIO ROOM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 AM #1 STRENGTH TRAINING REBECCA	9:00 AM #1 STRENGTH TRAINING REBECCA	9:00 AM #1 STRENGTH TRAINING REBECCA	9:00 AM #1 STRENGTH TRAINING REBECCA	9:00 AM #1 STRENGTH TRAINING REBECCA
9:00 AM CARDIO CIRCUIT ANDRES	10:00 AM #3 HIFT BRANDON	9:00 AM #3 CARDIO CIRCUIT ANDRES	10:00 AM #3 HIFT BRANDON	9:00 AM #3 CARDIO CIRCUIT ANDRES
10:00 AM #1 Open Workout Brandon	4:30 PM #3 KETTLEBELL ANDRES	10:00 AM #1 Open Workout Brandon	4:30 PM #3 KETTLEBELL ANDRES	10:00 PM Open Workout Brandon

WEIGHT ROOM#1 CARDIO ROOM #3 WILL BE CLOSED TO INDIVIDUAL WORKOUTS during the designated 1-hour group circuit session as listed.

EXTRA PAIR OF SHOES ARE MANDATORY TO PROTECT FLOOR IN ALL AREAS: ROOM 1, 2, (SPINNING ROOM), 3 AND GYMNASIUM.

ALSO THIS IS TO PROTECT THE EQUIPMENT IN ROOMS 1, 2, & 3.

THANK YOU FOR YOUR COOPERATION & UNDERSTANDING

SCHEDULE STARTS ON MARCH 31, 2024

SCHEDULE SUBJECT TO CHANGE

APPROVED BY:  03/26/24
CARLETON ALBERT SR., MANAGER