



ZUNI WELLNESS CENTER FITNESS SCHEDULE

APRIL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
6:00 AM STRONG 30 REBECCA	9:00 AM MIX LYDIA	9:00 AM MIX LORIE/ PHILLIP	9:00 AM OLDIES ANDRES	6:00 AM STRONG 30 REBECCA	
9:00 AM ZUMBA MIX LORIE/ PHILLIP	10:00 AM COUNTRY ANDRES	10:00 AM MIX LYDIA	12:00 PM ZUMBA BUTTS & GUTS BECCA	9:00 AM STEP/FLOOR PHILLIP	
12:00 PM ZUMBA LORIE	12:00 PM ZUMBA BUTTS & GUTS BECCA	12:00 PM ZUMBA CIRCUIT LORIE	5:30 PM ZUMBA LORIE	10:00 AM ZUMBA ANDRES	
5:30 PM ZUMBA ANDRES	5:30 PM ZUMBA MIX LORIE	5:30 PM ZUMBA ANDRES		12:00 PM ZUMBA LORIE	



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
SPINNING®	8:00 AM PHILLIP	8:00 AM PHILLIP	8:00AM PHILLIP	8:00 AM PHILLIP	8:00 AM PHILLIP	
	9:00 AM LYDIA	9:00 AM BRANDON	12:00 PM KETTLEBELL BRANDON	9:00 AM LYDIA		
	12:00 PM KETTLEBELL BRANDON	5:00 PM PHILLIP	5:00 PM PHILLIP	5:00 PM PHILLIP		
	5:00 PM PHILLIP					



ZUNI WELLNESS CENTER

MONDAY - THURSDAY

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

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

HEALTH QUESTIONNAIRE CIB/CENSUS REQUIRED YOUTH MUST BE ACCOMPANIED BY PARENT

WEIGHT/CARDIO ROOM

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
APRIL	9:00 AM #1 STRENGTH REBECCA	OPEN HOURS	9:00 AM #1 STRENGTH REBECCA	OPEN HOURS	9:00 AM #1 STRENGTH REBECCA
	9:00 AM #3 CARDIO CIRCUIT ANDRES		9:00 AM #3 CARDIO CIRCUIT ANDRES		9:00 AM #3 CARDIO CIRCUIT ANDRES
	10:00 AM #3 OPEN HOURS		10:00 AM #3 OPEN HOURS		10:00 AM #3 OPEN HOURS
			12:00 PM OUTDOOR FITNESS REBECCA		12:00 PM OUTDOOR FITNESS REBECCA


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.

SCHEDULE STARTS ON APRIL 6, 2025

SCHEDULE SUBJECT TO CHANGE

APPROVED BY:  3/27/25
CARLETON ALBERT SR., MANAGER