



ZUNI WELLNESS CENTER FITNESS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
DECEMBER	9:00 AM MIX LORIE/PHILLIP	6:00 AM ZUMBA ANDRES	9:00 AM MIX LORIE/PHILLIP	6:00 AM ZUMBA ANDRES	9:00 AM STEP/FLOOR PHILLIP	
	10:00 AM MOBILITY REBECCA	9:00 AM COUNTRY ANDRES	12:00 PM ZUMBA ANDRES	9:00 AM OLDIES ANDRES	10:00 AM MOBILITY REBECCA	
	12:00 PM ZUMBA ANDRES	12:00 PM ZUMBA MIX LORIE	5:30 PM MIX LYDIA	12:00 PM ZUMBA TONING/ STABILITY BALL LORIE	12:00 PM ZUMBA ANDRES	
	5:30 PM MIX LYDIA	5:30 PM STRONG 30 REBECCA		5:30 PM ZUMBA PHILLIP		



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
SPINNING 	9:00 AM PHILLIP	9:00 AM BRANDON	9:00AM PHILLIP	9:00 AM BRANDON		
	4:00 PM PHILLIP	4:00 PM PHILLIP	4:00 PM PHILLIP	5:30 PM LYDIA		
		5:30 PM LYDIA				



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
DECEMBER	9:00 AM #1 STRENGTH REBECCA	9:00 AM #1 STRENGTH REBECCA	9:00 AM #1 STRENGTH REBECCA	9:00 AM #1 STRENGTH REBECCA	9:00 AM #1 STRENGTH REBECCA
	9:00 AM #3 CARDIO CIRCUIT ANDRES	10:30 AM #3 OPEN WORKOUT BRANDON	9:00 AM #3 CARDIO CIRCUIT ANDRES	10:30 AM #3 OPEN WORKOUT BRANDON	9:00 AM #3 CARDIO CIRCUIT ANDRES
	10:30 AM #3 OPEN WORKOUT		10:30 AM #3 OPEN WORKOUT		10:30 AM #3 OPEN WORKOUT
	4:30 PM #3 HIFT BRANDON	4:30 PM #3 HIFT BRANDON	3:00 PM #1 INTRO TO WEIGHT LIFTING REBECCA	4:30 PM #3 HIFT 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.

SCHEDULE STARTS ON DECEMBER 1, 2024
SCHEDULE SUBJECT TO CHANGE

APPROVED BY: 
CARLETON ALBERT SR., MANAGER