



ZUNI WELLNESS CENTER FITNESS SCHEDULE

MAY 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
6:00 AM CIRCUIT TRAINING REBECCA	9:00 AM COUNTRY ANDRES	6:00 AM YOGAISH REBECCA	9:00 AM OLDIES ANDRES	6:00 AM CIRCUIT TRAINING REBECCA	
9:00 AM ZUMBA MIX LORIE/ PHILLIP	12:00 PM ZUMBA BUTTS & GUTS BECCA	9:00 AM MIX LORIE/ PHILLIP	12:00 PM ZUMBA BUTTS & GUTS BECCA	9:00 AM STEP/FLOOR PHILLIP	
12:00 PM STABILITY BALL CIRCUIT LORIE	5:30 PM ZUMBA MIX LORIE	12:00 PM ZUMBA CIRCUIT LORIE	5:30 PM ZUMBA / AEROBICS LORIE	10:00 AM ZUMBA ANDRES	
5:30 PM ZUMBA ANDRES		5:30 PM ZUMBA ANDRES		12:00 PM ZUMBA MIXXED LORIE	

Congrats

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	8:00 AM PHILLIP	8:00 AM PHILLIP	8:00 AM PHILLIP	8:00 AM PHILLIP	8:00 AM PHILLIP	
	12:00 PM KETTLEBELL BRANDON	9:00 AM BRANDON	12:00 PM KETTLEBELL BRANDON	5:00 PM PHILLIP	12:00 PM BRANDON	
	5:00 PM PHILLIP	5:00 PM PHILLIP	5:00 PM PHILLIP		12:00 PM YOGAISH OUTDOORS REBECCA	



ZUNI WELLNESS CENTER HOURS

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
MAY 2025	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
	3:00 PM INTRO TO STRENGTH TRAINING BRANDON		3:00 PM INTRO TO STRENGTH TRAINING 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 MAY 5, 2025

SCHEDULE SUBJECT TO CHANGE

APPROVED BY: Bohney Eastace

Sp CARLETON ALBERT SR., MANAGER