







# ZUNI WELLNESS CENTER FITNESS SCHEDULE

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

# Happy Halloween

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	
<b>SPINNING</b> 	8:00 AM PHILLIP	8:00 AM PHILLIP	8:00 AM PHILLIP	8:00 AM PHILLIP	8:00 AM PHILLIP	
	4:00 PM PHILLIP	9:00 AM BRANDON	4:00 PM PHILLIP	9:00 AM BRANDON		
		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**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	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	9:00 AM #3 INTERVAL CIRCUIT	9:00 AM #3 CARDIO CIRCUIT ANDRES	9:00 AM #3 INTERVAL CIRCUIT	9:00 AM #3 CARDIO CIRCUIT ANDRES
	10:30 AM #3 OPEN WORKOUT BRANDON	10:30 AM #3 OPEN WORKOUT BRANDON	10:30 AM #3 OPEN WORKOUT BRANDON	10:30 AM #3 OPEN WORKOUT BRANDON	10:30 AM #3 OPEN WORKOUT BRANDON
	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.**

**THANK YOU FOR YOUR COOPERATION & UNDERSTANDING**

SCHEDULE STARTS ON SEPTEMBER 29, 2024

SCHEDULE SUBJECT TO CHANGE

APPROVED BY:

CARLETON ALBERT SR., MANAGER