



ZUNI WELLNESS CENTER FITNESS SCHEDULE

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



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
SPINNING	8:00 AM PHILLIP	6:00 AM PHILLIP	8:00AM PHILLIP	6:00 AM PHILLIP	8:00 AM PHILLIP	
	5:30 PM KETTLEBELL BRANDON	9:00 AM LYDIA	5:30 PM KETTLEBELL BRANDON	9:00 AM LYDIA		
		5:30 PM BRANDON		5:30 PM BRANDON		



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
MARCH	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
	4:30 PM OUTDOOR WALKING	4:30 PM OUTDOOR WALKING		4:30 PM OUTDOOR WALKING	

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 MARCH 2, 2025

SCHEDULE SUBJECT TO CHANGE

APPROVED BY: _____

CARLETON ALBERT SR. , MANAGER