



# ZUNI WELLNESS CENTER FITNESS SCHEDULE

MONDAY    TUESDAY    WEDNESDAY    THURSDAY    FRIDAY

# MARCH

9:00 AM STEP/FLOOR PHIL	9:00 AM COUNTRY ANDRES	9:00 AM ZUMBA ANDRES	9:00 AM OLDIES ANDRES	9:00 AM STEP/FLOOR PHIL	
12:00 AM ZUMBA MIX LORIE	10:00 AM TONING LORIE	12:00 AM BANDS & BALL WORKOUT LORIE	10:00 AM ZUMBA LORIE	12:00 PM ZUMBA ANDRES	
5:30 PM HIFT BRANDON	5:30 PM ZUMBA PHIL	5:30 PM HIFT BRANDON	5:30 PM ZUMBA PHIL		

MONDAY    TUESDAY    WEDNESDAY    THURSDAY    FRIDAY

# SPINNING®

10:00 AM PHIL	9:00 AM BRANDON	9:00 AM PHIL	12:00 PM STRETCHING BRANDON	8:00 AM PHILLIP	
12:00 PM KETTLEBELL BRANDON	12:00 PM STRETCHING BRANDON	12:00 PM KETTLEBELL BRANDON	5:30 PM BRANDON	11:00 AM KETTLEBELL BRANDON	
5:30 PM PHIL					



ZUNI WELLNESS CENTER HOURS

MONDAY - THURSDAY

7:00 A.M.- 6:45 P.M.

FRIDAY 7:00 A.M.—4:45 P.M.

**HEALTH QUESTIONNAIRE CIB/CENSUS REQUIRED  
YOUTH MUST BE ACCOMPANIED BY PARENT WHILE  
USING THE WEIGHT/CARDIO ROOM**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	WEIGHT Room Open Hours	WEIGHT Room Open Hours	WEIGHT Room Open Hours	WEIGHT Room Open Hours	WEIGHT Room Open Hours
	9:00 AM #3 CARDIO CIRCUIT ANDRES		9:00 AM #3 CARDIO CIRCUIT ANDRES	9:00 AM #3 CIRCUIT PHILLIP	9:00 AM #3 CARDIO CIRCUIT ANDRES




**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 1, 2026

SCHEDULE SUBJECT TO CHANGE

APPROVED BY:   
CARLETON ALBERT SR. , MANAGER