


# ZUNI WELLNESS CENTER FITNESS SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00 AM MIX LYDIA	10:00 AM ZUMBA ANDRES	8:00 AM AEROBICS LYDIA	6:00 AM ZUMBA MIX LORIE	8:00 AM MIX LYDIA	9:00 AM STEP/FLOOR PHILLIP	
1:00 PM ZUMBA - MIX LORIE	12:00 PM ZUMBA TONING LORIE	9:00 AM COUNTRY ANDRES	10:00 AM ZUMBA ANDRES	9:00 AM OLDIES ANDRES	10:00 AM ZUMBA ANDRES	
	4:30 PM ZUMBA ANDRES	12:00 PM BUTTS & GUTS BECCA/PHILLIP	12:00 PM ZUMBA LORIE	12:00 PM BUTTS & GUTS BECCA/PHILLIP	12:00 PM ZUMBA PHILLIP	
	5:30 PM BATTLE ROPES REBECCA	4:30 PM MOBILITY/ ZUMBA REBECCA	4:30 PM ZUMBA ANDRES	4:30 PM BATTLE ROPES REBECCA		
		5:30 PM ZUMBA - MIX PHILLIP	5:30 PM STRONG REBECCA	5:30 PM ZUMBA - MIX PHILLIP		
						
						

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3:15 PM LYDIA	6:15 AM LYDIA	6:00 AM LORIE	9:00 AM PHILLIP	6:00 AM LORIE	6:00 AM PHILLIP	
	9:00 AM PHILLIP	9:00 AM PHILLIP	12:00 PM LYDIA	9:00 AM PHILLIP		
	5:30 PM PHILLIP	4:00 PM BRANDON	5:30 PM PHILLIP	4:00 PM BRANDON		

 **Congratulations!**  
YOU DID IT





**ZUNI WELLNESS CENTER**

**MONDAY - THURSDAY**

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

**FRIDAY 6:00 A.M.-4:45 P.M.**

**SUNDAY 8:00 AM TO 4:45 P.M.**

**OPTIONAL ON FACE MASK Health Questionnaire CIB/CENSUS REQUIRED**

**WEIGHT/CARDIO ROOM**

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 CARDIO CIRCUIT ANDRES	10:00 AM #3 HIFT BRANDON	9:00 AM #3 CARDIO CIRCUIT ANDRES	10:00 AM #3 HIFT BRANDON	10:00 AM Open Workout Brandon
10:00 AM #1 Open Workout Brandon		10:00 AM #1 Open Workout Brandon		12:00 PM ZOOM ID 88950836080 REBECCA WEDNESDAY

**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 APRIL 28, 2024

SCHEDULE SUBJECT TO CHANGE

APPROVED BY:  09/25/24  
CARLETON ALBERT SR., MANAGER