



COMMUNITY FITNESS SCHEDULE

ZUNI WELLNESS CENTER

FEBRUARY 2018

AEROBICS ROOM

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:00 A.M. MiXXedfit ALEX	6:00 A.M. ZUMBA ANDRES	6:00 A.M. ZUMBA TONING LORIE	6:00 A.M. ZUMBA ANDRES	6:00 A.M. Zumba Circuit LORIE	6:00 A.M. ZUMBA REBECCA
12:00 P.M. Zumba Circuit LORIE	9:00 A.M. ZUMBA ANDRES	9:00 A.M. Toning/Circuit Training LYDIA	9:00 A.M. Zumba/Aerobics/Floor PHILLIP/LORIE	9:00 A.M. Body Sculpting SYBERT	9:00 A.M. ZUMBA LORIE
1:00 P.M. ZUMBA ANDRES	10:30 A.M. JAZZWORKS SYBERT	10:00 A.M. STEP/FLOOR PHILLIP	10:00 A.M. POUND ANDRES	10:00 A.M. ENHANCE FITNESS ANDRES	10:00 A.M. Low Impact Z/A SYBERT/LYDIA
	12:00 P.M. STRONG by Zumba REBECCA	12:00 P.M. Zumba/MiXXedfit LORIE	11:00 A.M. BUTTS & GUTS REBECCA	11:00 A.M. CORE REBECCA	12:00 P.M. BATTLE ROPE CIRCUIT REBECCA
	2:00 P.M. ENHANCE FITNESS ANDRES	2:00 P.M. ENHANCE FITNESS ANDRES	12:00 P.M. ZUMBA LORIE	12:00 P.M. ZUMBA ANDRES	5:30 P.M. Zumba/MiXXedfit LORIE
	5:30 P.M. ZUMBA LORIE	5:30 P.M. **H.I.F.T. BRANDON	2:00 P.M. ENHANCE FITNESS ANDRES	5:30 P.M. **H.I.F.T. BRANDON	CLOSED ON: MONDAY, FEB. 19TH
		6:00 P.M. Zumba/Jazzworks SYBERT	5:30 P.M. ZUMBA & STRONG Rebecca, Lorie, Alex	6:00 P.M. Toning/Circuit/Step PHILLIP/LORIE	
		** High Intensity Functional Training		STRONG - 7th & 21st	



CONFERENCE ROOM

1:00 P.M.
YOGAISH
REBECCA



11:00 A.M.
YOGAISH
REBECCA



Happy Valentine's Day




SPINNING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:00 A.M. REBECCA	9:00 A.M. BRANDON	6:00 A.M. PHILLIP	8:00 A.M. Intro to Spin REBECCA	9:00 A.M. PHILLIP
9:00 A.M. LYDIA	12:00 P.M. SYBERT	9:00 A.M. Spin Circuit w/ weights LYDIA	9:00 A.M. BRANDON	11:00 A.M. PHILLIP
11:00 A.M. PHILLIP	5:30 P.M. PHILLIP	10:00 A.M. SYBERT	12:00 P.M. PHILLIP	12:00 P.M. SYBERT
12:00 P.M. LORIE		5:30 P.M. BRANDON	5:30 P.M. LYDIA	5:30 P.M. DERRICK
5:30 P.M. KATHY				



**COMMUNITY FITNESS SCHEDULE
ZUNI WELLNESS CENTER
FEBRUARY 2018**

CARDIO / WEIGHT ROOM HOURS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:00 A.M. - 2:00 P.M.	6:00 A.M. - 6:45 P.M.	6:00 A.M. - 6:45 P.M.	6:00 A.M. - 6:45 P.M.	6:00 A.M. - 6:45 P.M.	6:00 A.M. - 6:45 P.M.	CLOSED
	9:00 A.M. OPEN WORKOUT BRANDON	9:00 A.M. CARDIO CIRCUIT ANDRES	9:00 A.M. CARDIO CIRCUIT ANDRES	9:00 A.M. CARDIO CIRCUIT ANDRES	9:00 A.M. CARDIO CIRCUIT ANDRES	
	12:00 P.M. STRENGTH BRANDON	12:00 P.M. Intro to Weight Lifting REBECCA	12:00 P.M. STRENGTH BRANDON	9:00 A.M. OPEN WORKOUT BRANDON	9:00 A.M. OPEN WORKOUT BRANDON	
				12:00 P.M. Intro to Weight Lifting REBECCA	12:00 P.M. STRENGTH BRANDON	

GYMNASIUM PLEASE ENTER GYM THROUGH FRONT ENTRANCE TO SIGN IN

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CLOSED	6:00 A.M.-3:00 P.M. OPEN GYM †	6:00 A.M.-3:00 P.M. OPEN GYM †	6:00 A.M.-3:00 P.M. OPEN GYM †	6:00 A.M.-3:00 P.M. OPEN GYM †	6:00 A.M.-3:00 P.M. OPEN GYM †	CLOSED
	3:00-5:00 P.M. YOUTH OPEN GYM**	3:00-5:00 P.M. YOUTH OPEN GYM**	3:00-4:00 P.M. YOUTH OPEN GYM**	3:00-5:00 P.M. YOUTH OPEN GYM**	3:00-5:30 P.M. YOUTH OPEN GYM**	
	5:00-6:30 P.M. OPEN VOLLEYBALL	5:30 P.M. BATTLE ROPE CIRCUIT REBECCA	4:00-5:00 P.M. Family Night Lydia, Lorie, Rebecca	5:30-6:30 P.M. OPEN GYM †	5:30-6:30 P.M. OPEN VOLLEYBALL	
			5:30-6:30 P.M. OPEN VOLLEYBALL			

† Open Gym: Age 17 & OLDER


👁️ ****PARENT SUPERVISION REQUIRED for Youth Open Gym** 👁️

Basketball Players: During peak hours, please use only half court to allow more people to play



**EXTRA PAIR OF SHOES ARE MANDATORY TO PROTECT
THE FLOOR AND EQUIPMENT IN ALL AREAS OF THE FACILITY**

SCHEDULE STARTS ON FEBRUARY 4, 2018
SCHEDULE SUBJECT TO CHANGE

APPROVED BY: 
Carleton Albert, Sr., Program Manager