


**COMMUNITY FITNESS SCHEDULE
ZUNI WELLNESS CENTER
MARCH 2017**

AEROBICS ROOM

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1:00 P.M. ZUMBA ANDRES	6:30 A.M. YOGAISH REBECCA	6:00 A.M. ZUMBA TONING LORIE	6:00 A.M. ZUMBA ANDRES	6:00 A.M. ZUMBA SENTAO LORIE	6:00 A.M. ZUMBA ANDRES	
	9:00 A.M. ZUMBA/CIRCUIT REBECCA/LORIE	CARDIO STEP/STRETCH 9:00 A.M. LYDIA/LEA	9:00 A.M. ZUMBA MIX LORIE	9:00 A.M. ZUMBA REBECCA	7:00 A.M. STRETCH/YOGAISH REBECCA	
	10:00 A.M. H.I.I.T./TABATA ANDRES	10:00 A.M. POUND* ANDRES	10:00 A.M. FLOORWORK SYBERT/PHILLIP	10:00 A.M. AEROBICS/ZUMBA PHILLIP	9:00 A.M. Mixed Aerobics/Country LYDIA/SYBERT	
	11:00 A.M. Yogaish/Core REBECCA	11:00 A.M. CORE REBECCA	11:00 A.M. BUTTS & GUTS REBECCA	12:00 P.M. ZUMBA ANDRES	10:00 A.M. POUND* ANDRES	
	12:00 P.M. ZUMBA/AEROBICS LORIE	12:00 P.M. ZUMBA/AEROBICS REBECCA	12:00 P.M. AEROBICS/ZUMBA PHILLIP/LORIE	5:30 P.M. H.I.F.T.** BRANDON	12:00 P.M. FUNDAY ZUMBA LORIE	
	2:00 P.M. Enhance Fitness ANDRES	2:00 P.M. Enhance Fitness ANDRES	2:00 P.M. Enhance Fitness ANDRES	6:00 P.M. POUND* ANDRES	5:30 P.M. ZUMBA SHANENA	
	3:45 P.M. KIDZ CIRCUIT LORIE	5:30 P.M. H.I.F.T.** BRANDON	3:45 P.M. KIDZ CIRCUIT LORIE			
	5:30 P.M. ZUMBA ANDRES	6:00 P.M. ZUMBA/AEROBICS SYBERT	5:30 P.M. ZUMBA/AEROBICS SYBERT/LYDIA			
	6:30 P.M. ZUMBA JACQUIE	**H.I.F.T.- High Intensity Functional Training	6:30 P.M. AEROBICS/ZUMBA REBECCA			

**POUND: The world's first cardio jam session inspired by the infectious, energizing and sweat dripping fun of playing the drumstix*

SPINNING



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 A.M. LYDIA	9:00 A.M. BRANDON	9:00 A.M. ANDRES	6:00 A.M. SYBERT	9:00 A.M. PHILLIP
11:00 A.M. PHILLIP	12:00 P.M. LORIE	12:00 P.M. LYDIA	9:00 A.M. BRANDON	11:00 A.M. PHILLIP
12:00 P.M. SYBERT	5:30 P.M. PHILLIP	5:30 P.M. BRANDON	12:00 P.M. PHILLIP	
5:30 P.M. NOREEN			5:30 P.M. LYDIA	






CARDIO/WEIGHT ROOM and GYMNASIUM HOURS ARE ON THE BACK SIDE OF PAGE



COMMUNITY FITNESS SCHEDULE ZUNI WELLNESS CENTER MARCH 2017

CARDIO / WEIGHT ROOM HOURS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CLOSED	6:00 A.M. - 7:30 P.M.	6:00 A.M. - 7:30 P.M.	6:00 A.M. - 7:30 P.M.	6:00 A.M. - 7:30 P.M.	6:00 A.M. - 6:30 P.M.	9:00 A.M. - 1:00 P.M.
	8:00 A.M. CIRCUIT TRAINING ANDRES	9:00 A.M. CARDIO TRAINING ANDRES	8:00 A.M. CIRCUIT TRAINING ANDRES	9:00 A.M. CARDIO TRAINING ANDRES	8:00 A.M. CIRCUIT TRAINING ANDRES	
	10:00 A.M. Strength Training BRANDON	9:00 A.M. WEIGHT TRAINING LYDIA	10:00 A.M. Strength Training BRANDON		10:00 A.M. Strength Training BRANDON	
	5:30-6:00 P.M. OPEN WORKOUT BRANDON					

GYMNASIUM PLEASE ENTER GYM THROUGH FRONT ENTRANCE TO SIGN IN

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CLOSED	6:00-4:30 P.M. OPEN GYM †	6:00-4:30 P.M. OPEN GYM †	6:00-4:30 P.M. OPEN GYM †	6:00-4:30 P.M. OPEN GYM †	6:00-4:30 P.M. OPEN GYM †	CLOSED
	4:30-6:00 P.M. RESERVED ZYEP	4:30-6:00 P.M. RESERVED ZYEP	4:30-6:00 P.M. RESERVED ZYEP	4:30-6:00 P.M. RESERVED ZYEP	4:30-6:00 P.M. RESERVED ZYEP	
	6:00-7:30 P.M. OPEN VOLLEYBALL	6:00 P.M. Battle Rope Circuit REBECCA	6:00-7:30 P.M. OPEN GYM †	6:00 P.M. Battle Rope Circuit REBECCA		
	† Open Gym: Age 17 & Older					



GYM CLOSED: Wednesday, March 8th 2:30-8PM Zuni Head Start event

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 MARCH 5, 2017
SCHEDULE SUBJECT TO CHANGE

APPROVED BY: 
Vinton Zunie, Program Manager