

# COMMUNITY FITNESS SCHEDULE

## ZUNI WELLNESS CENTER

### NOVEMBER 2017

#### AEROBICS ROOM

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1:00 P.M. ZUMBA ANDRES	9:00 A.M. ZUMBA SYBERT	6:00 A.M. ZUMBA TONING LORIE	6:00 A.M. ZUMBA LORIE	6:00 A.M. ZUMBA/AEROBICS SYBERT	6:00 A.M. ZUMBA STRONG REBECCA
	10:00 A.M. OPEN WORKOUT BRANDON	9:00 A.M. Aerobics/Weights & more LYDIA	9:00 A.M. STEP/FLOORWORK PHILLIP	9:00 A.M. ZUMBA CIRCUIT LORIE/REBECCA	9:00 A.M. MIXED AEROBICS LYDIA
	11:00 A.M. YOGAISH/CORE REBECCA	10:00 A.M. AEROBICS/FLOOR PHILLIP	10:00 A.M. POUND ANDRES	10:00 A.M. FLOORWORK SYBERT	10:00 A.M. AEROBICS/ZUMBA SYBERT
	12:00 P.M. ZUMBA/AEROBICS LORIE	11:00 A.M. CORE REBECCA	11:00 A.M. BUTTS & GUTS REBECCA	11:00 A.M. CIRCUIT REBECCA	11:00 A.M. YOGAISH/CORE REBECCA
	2:00 P.M. ENHANCE FITNESS ANDRES	12:00 P.M. ZUMBA STRONG REBECCA	12:00 P.M. AEROBICS/ZUMBA PHILLIP/LORIE	12:00 P.M. ZUMBA ANDRES	12:00 P.M. ZUMBA MIX LORIE
	5:30 P.M. ZUMBA LORIE	2:00 P.M. ENHANCE FITNESS ANDRES	2:00 P.M. ENHANCE FITNESS ANDRES	5:00 P.M. KETTLEBELL BRANDON	<b>HOLIDAY CLOSURE:</b> NOVEMBER 10, 2017
		5:30 P.M. ZUMBA/AEROBICS SYBERT	5:30 P.M. ZUMBA REBECCA	5:30 P.M. STEP AEROBICS PHILLIP	



#### THANKSGIVING HOLIDAY CLOSURE:

NOVEMBER 23 & 24, 2017



#### **SPINNING**

#### SPINNING





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

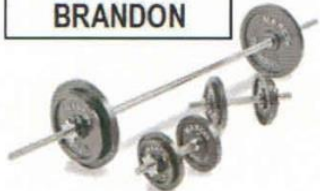


CARDIO/WEIGHT ROOM AND GYMNASIUM HOURS ARE ON THE BACK SIDE OF PAGE


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

**CARDIO / WEIGHT ROOM HOURS**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CLOSED	6:00 A.M. - 6:30 P.M.	6:00 A.M. - 6:30 P.M.	6:00 A.M. - 6:30 P.M.	6:00 A.M. - 6:30 P.M.	6:00 A.M. - 6:30 P.M.	9:00 A.M. - 12:00 P.M.
	9:00 A.M. Cardio Circuit <b>ANDRES</b>	9:00 A.M. Cardio Circuit <b>ANDRES</b>	9:00 A.M. Cardio Circuit <b>ANDRES</b>	9:00 A.M. Cardio Circuit <b>ANDRES</b>	9:00 A.M. Cardio Circuit <b>ANDRES</b>	
	12:00 P.M. STRENGTH <b>BRANDON</b>		12:00 P.M. OPEN WORKOUT <b>BRANDON</b>		9:00 A.M. OPEN WORKOUT <b>BRANDON</b>	
					12:00 P.M. STRENGTH <b>BRANDON</b>	



**GYMNASIUM PLEASE ENTER GYM THROUGH FRONT ENTRANCE TO SIGN IN**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CLOSED	6:00 A.M.-4:00 P.M. OPEN GYM †	6:00 A.M.-4:00 P.M. OPEN GYM †	6:00 A.M.-4:00 P.M. OPEN GYM †	6:00 A.M.-4:00 P.M. OPEN GYM †	6:00 A.M.-3:00 P.M. OPEN GYM †	CLOSED
	4:00-5:30 P.M. YOUTH OPEN GYM**	4:00-5:00 P.M. YOUTH OPEN GYM**	4:00-5:00 P.M. YOUTH OPEN GYM**	4:00-5:00 P.M. YOUTH OPEN GYM**	3:00-5:00 P.M. YOUTH OPEN GYM**	
	5:45 P.M. BATTLE ROPES REBECCA	5:30 P.M. H.I.F.T.** BRANDON	5:00-6:30 P.M. OPEN VOLLEYBALL	5:00-6:30 P.M. OPEN GYM †	5:00-6:30 P.M. OPEN VOLLEYBALL	

†Open Gym: Age 17 & OLDER \*\*H.I.F.T.-High Intensity Functional Training

👁️ **\*\*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 OCTOBER 29, 2017  
SCHEDULE SUBJECT TO CHANGE

APPROVED BY:   
Carleton Albert, Sr., Program Manager