

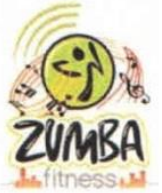
COMMUNITY FITNESS SCHEDULE

ZUNI WELLNESS CENTER

DECEMBER 2017

AEROBICS ROOM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:00 A.M. ZUMBA REBECCA	6:00 A.M. SENTAO LORIE	6:00 A.M. ZUMBA/AEROBICS LORIE	6:00 A.M. MIXXEDFIT LORIE	6:00 A.M. STRONG REBECCA
9:00 A.M. ZUMBA/AEROBICS LORIE	9:00 A.M. Toning/Circuit Training LYDIA	9:00 A.M. Zumba/Aerobics/Floor PHILLIP	9:00 A.M. TONING/CIRCUIT LORIE/SYBERT	9:00 A.M. ZUMBA CIRCUIT LORIE
10:30 A.M. Low Impact Z/A SYBERT	10:00 A.M. BEGINNING STEP 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. CIRCUIT TRAINING REBECCA	12:00 P.M. ZUMBA/AEROBICS LORIE	12:00 P.M. BUTTS & GUTS REBECCA	12:00 P.M. ZUMBA ANDRES	12:00 P.M. YOGAISH/CORE REBECCA
2:00 P.M. ENHANCE FITNESS ANDRES	2:00 P.M. ENHANCE FITNESS ANDRES	2:00 P.M. ENHANCE FITNESS ANDRES	5:30 P.M. Toning/Circuit/Step PHILLIP/LORIE	5:30 P.M. ZUMBA/AEROBICS LORIE
5:30 P.M. ZUMBA ANDRES	5:30 P.M. TONING/CIRCUIT SYBERT	5:30 P.M. ZUMBA REBECCA		



CLOSED ON THE FOLLOWING DAYS:

FRIDAY, DEC. 1ST
FRIDAY, DEC. 8TH
MONDAY, DEC. 25TH

Happy Holidays

SPINNING



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 A.M. LYDIA	10:30 A.M. BRANDON	6:00 A.M. PHILLIP	6:00 A.M. SYBERT	9:00 A.M. PHILLIP
11:00 A.M. PHILLIP	12:00 P.M. LYDIA	9:00 A.M. LYDIA	8:30 A.M. Intro/Beginning Spin REBECCA	11:00 A.M. PHILLIP
12:00 P.M. LORIE**	5:30 P.M. PHILLIP	10:30 A.M. SYBERT	10:30 P.M. BRANDON	12:00 P.M. SYBERT
5:30 P.M. NOREEN	**45 Minute Ride	12:00 P.M. LORIE**	12:00 P.M. PHILLIP	5:30 P.M. SYBERT
		5:30 P.M. BRANDON	5:30 P.M. LYDIA	






CARDIOWEIGHT ROOM AND GYMNASIUM HOURS ARE ON THE BACK SIDE OF PAGE



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

CARDIO / WEIGHT ROOM HOURS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CLOSED	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. - 5:45 P.M.	CLOSED
	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	9:00 A.M. CARDIO CIRCUIT ANDRES	
	9:00 A.M. OPEN WORKOUT BRANDON	12:00 P.M. OPEN WORKOUT 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. STRENGTH BRANDON				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.-3:30 P.M. OPEN GYM †	6:00 A.M.-3:30 P.M. OPEN GYM †	6:00 A.M.-3:30 P.M. OPEN GYM †	6:00 A.M.-3:30 P.M. OPEN GYM †	6:00 A.M.-3:00 P.M. OPEN GYM †	CLOSED
	3:30-5:00 P.M. YOUTH OPEN GYM**	3:30-5:30 P.M. YOUTH OPEN GYM**	3:30-5:00 P.M. YOUTH OPEN GYM**	3:30-5:30 P.M. YOUTH OPEN GYM**	3:00-5:00 P.M. YOUTH OPEN GYM**	
	5:00-6:30 P.M. OPEN VOLLEYBALL	5:45 P.M. BATTLE ROPES Rebecca/Brandon	5:00-6:30 P.M. OPEN VOLLEYBALL	5:45 P.M. H.I.F.T. † Rebecca/Brandon	5:00-6:30 P.M. OPEN VOLLEYBALL	

†Open Gym: Age 17 & OLDER

†High Intensity Functional Training

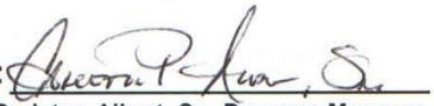
👁️ ****PARENT SUPERVISION REQUIRED** for Youth Open Gym 👁️

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 DECEMBER 3, 2017
SCHEDULE SUBJECT TO CHANGE

APPROVED BY: 
Carleton Albert, Sr., Program Manager