

# October 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Lunch Time Workout D5 Zumba **No Yoga	2 Lunch Time Zumba D4 KickBoxing	3 Lunch Time Workout D5 Zumba **No Yoga	4 Lunch Time Workout <b>Zumbathon</b>	5
6 Lunch Time Workout D6 Zumba	7 Lunch Time Workout D6 Zumba	8 Lunch Time Workout D2 Yoga D5 Zumba	9 Lunch Time Zumba D7 Zumba <b>Trail Of Doom 5k</b>	10 Lunch Time Workout D2 Yoga D5 Zumba	11 Lunch Time Workout	12
13 Lunch Time Workout D6 Zumba	14 Lunch Time Workout D6 Zumba	15 Lunch Time Workout D2 Yoga D5 Zumba	16 Lunch Time Zumba D4 KickBoxing D7 Zumba	17 Lunch Time Workout D2 Yoga D5 Zumba	18 Lunch Time Workout <b>Day of The Deadlift</b>	19
20 Lunch Time Workout D6 Zumba	21 Lunch Time Workout D6 Zumba	22 <b>No Classes</b> **Gym Open**	23 <b>No Classes</b> <b>Trail Of Doom *Gym Closed*</b>	24 Lunch Time Workout D2 Yoga D5 Zumba	25 Lunch Time Workout	26
27 Lunch Time Workout D6 Zumba D6 Zumba	28 Lunch Time Workout D6 Zumba	29 Lunch Time Workout D2 Yoga D5 Zumba	30 Lunch Time Zumba D4 KickBoxing D7 Zumba	31 Lunch Time Workout D2 Yoga D5 Zumba		

*Lunch Time Workouts*  
@ Boys & Girls Club  
Sacaton Az  
Monday—Fridays  
12:00pm-1:00pm

## DISTRICT CLASSES

### B&G CLUB ZUMBA

12:00pm - 1:00pm  
Wednesday

w/**Fabby**

**D2**

**YOGA**

5:30pm-6:30pm

Tue. & Thur.

**TBA**

**D4**

Kickboxing & Conditioning

5:30pm-6:30pm

w/**SLY**

**D5— ZUMBA**

5:30pm-6:30pm

Tuesday/Thursday

w/**Fabby**

**D6— ZUMBA**

6:00pm-7:00pm

Monday

w/**Frances**

**D7— ZUMBA**

6:00pm-7:00pm

Wednesday

w/**Frances**

Phone Number:

520—562— 2026

Email: [wellness.center@gric.nsn.us](mailto:wellness.center@gric.nsn.us)



## Lunch Time Workouts

Monday Tuesday Wednesday Thursday Friday

*Paisley*

*SLY*

*Fabby*

*Brandon*

*Fabby*



Hours of Operation

Mon-Thurs 6am-7pm

Fri— 6am-5pm