

# December 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Lunch Time Workout	3 Lunch Workout D2 Yoga D5 Zumba	4 Lunch Time D4 kickBoxing D7 Zumba	5 Lunch Time Workout D2 Yoga D5 Zumba	6 Lunch Time Workout	7
	9 Lunch Time Workout	10 <b>Holiday Gym Closed No Classes</b>	11 Lunch Time D4 KickBoxing D7 Zumba	12 Lunch Time Workout D2 Yoga D5 Zumba	13 Lunch Time Workout	14
15	16 Lunch Time Workout	17 Lunch Workout D2 Yoga <b>D5 No Zumba</b>	18 Lunch Time D4 KickBoxing D7 Zumba	19 Lunch Time Workout D2 Yoga D5 Zumba	20 Gym Hours <b>6AM-8AM</b> <b>Closed 8AM 7PM</b>	21
22	23 Lunch Time Workout	24 Lunch Workout D2 Yoga D5 Zumba	25 <b>Holiday Gym Closed No Classes</b>	26 Lunch Time Workout D2 Yoga D5 Zumba	27 Lunch Time Workout	28 <b>March To MCT 5k</b>
29	30 Lunch Time Workout	31 Lunch Workout D2 Yoga D5 Zumba				

## Lunch Time Workouts

**Monday**

**Brandon**

**Tuesday**

**SLY**

**Wednesday**

**Frances**

**Thursday**

**TBA**

**Friday**

**Bee**

**\*\*Classes are subject to change\*\***

### Lunch Time Workouts

**@ Boys & Girls Club**

**Sacaton Az**

**Monday—Fridays**

### DISTRICT CLASSES

**D2**

**YOGA**

5:30pm-6:30pm

Tue. & Thur.

**TBA**

**B&G CLUB ZUMBA**

12:00pm - 1:00pm

Wednesday

**w/Frances**

**D4**

Kickboxing & Conditioning

5:30pm-6:30pm

**w/SLY**

**D5— ZUMBA**

5:30pm-6:30pm

Tuesday/Thursday

**w/Frances**

**D7— ZUMBA**

6:00pm-7:00pm

Wednesday

**w/Frances No Class 12/17**

Phone: 520-562-2026

Email: wellness.center@gric.nsn.us

**Hours of Operation**

**Mon-Thurs 6am-7pm**