



# June 2018

## Wellness Center Calendar

Monday Lunas	Tuesday Go:k Thash	Wednesday Vaik Thash	Thursday Giik Thash	Friday Shavai
				<p>1</p> <p>Lunch time workout W/ Sly 11:00 am, 11:45am, 12:30pm</p>
<p>4</p> <p>Lunch time workout W/ Bee 11:00 am, 11:45am, 12:30pm</p> <p>Zumba W/Fabby 5:30p – 6:30p Open Gym from 6:30pm - 8pm</p>	<p>5</p> <p>Lunch time workout W/ Fabby 11:00 am, 11:45am, 12:30pm</p> <p>Co-Ed Volleyball from 6:30pm to 8pm</p>	<p>6</p> <p>Lunch time workout W/ Charlie 11:00 am, 11:45am, 12:30pm</p> <p>Zumba W/Fabby 5:30p – 6:30p Open Gym from 6:30pm - 8pm</p>	<p>7</p> <p>Lunch time workout W/ Bee 11:00 am, 11:45am, 12:30pm</p> <p>Co-Ed Volleyball from 6:30pm to 8pm</p>	<p>8</p> <p>Lunch time workout W/ Sly 11:00 am, 11:45am, 12:30pm</p>
<p>11</p> <p>Lunch time workout W/ Bee 11:00 am, 11:45am, 12:30pm</p> <p>Zumba W/Fabby 5:30p – 6:30p Open Gym from 6:30pm - 8pm</p>	<p>12</p> <p>Lunch time workout W/ Fabby 11:00 am, 11:45am, 12:30pm</p> <p>Co-Ed Volleyball from 6:30pm to 8pm</p>	<p>13</p> <p>Lunch time workout W/ Charlie 11:00 am, 11:45am, 12:30pm</p> <p>Zumba W/Fabby 5:30p – 6:30p Open Gym from 6:30pm - 8pm</p>	<p>14</p> <p>Lunch time workout W/ Bee 11:00 am, 11:45am, 12:30pm</p> <p>Co-Ed Volleyball from 6:30pm to 8pm</p>	<p>15</p> <p>Lunch time workout W/ Sly 11:00 am, 11:45am, 12:30pm</p>
<p>18</p> <p>Lunch time workout W/ Bee 11:00 am, 11:45am, 12:30pm</p> <p>Zumba W/Fabby 5:30p – 6:30p Open Gym from 6:30pm - 8pm</p>	<p>19</p> <p>Lunch time workout W/ Fabby 11:00 am, 11:45am, 12:30pm</p> <p>Co-Ed Volleyball from 6:30pm to 8pm</p>	<p>20</p> <p>Lunch time workout W/ Charlie 11:00 am, 11:45am, 12:30pm</p> <p>Zumba W/Fabby 5:30p – 6:30p Open Gym from 6:30pm - 8pm</p>	<p>21</p> <p>Lunch time workout W/ Bee 11:00 am, 11:45am, 12:30pm</p> <p>Co-Ed Volleyball from 6:30pm to 8pm</p>	<p>22</p> <p>Lunch time workout W/ Sly 11:00 am, 11:45am, 12:30pm</p>
<p>25</p> <p>Lunch time workout W/ Bee 11:00 am, 11:45am, 12:30pm</p> <p>Zumba W/Fabby 5:30p – 6:30p Open Gym from 6:30pm - 8pm</p>	<p>26</p> <p>Lunch time workout W/ Fabby 11:00 am, 11:45am, 12:30pm</p> <p>Co-Ed Volleyball from 6:30pm to 8pm</p>	<p>27</p> <p>Lunch time workout W/ Charlie 11:00 am, 11:45am, 12:30pm</p> <p>Zumba W/Fabby 5:30p – 6:30p Open Gym from 6:30pm - 8pm</p>	<p>28</p> <p>Lunch time workout W/ Bee 11:00 am, 11:45am, 12:30pm</p> <p>*Wellness Center closed at 3pm for 4 Tribes Neon Zumbathon starting @5pm*</p>	<p>29</p> <p>Lunch time workout W/ Sly 11:00 am, 11:45am, 12:30pm</p>

**Lunch Time workouts are approx. 30 minutes**

**Wellness Center Hours:**

Monday – Thursday: 6:00 am – 8:00 pm  
Friday: 6:00 am – 5:00 pm

If you have any questions or concerns please call the Wellness Center @ 520-562-2026

\*Class schedules and times are subject to change\*

**WELLNESS EVENTS**



**Thursday, June 28<sup>th</sup>, 2018**

**5:00pm – 8:00pm**

**Shirts to first 75 participants**

**Raffles for 16+ years old**

**Shirts for 16+ year old**

**WELLNESS IN YOUR DISTRICT**

Starting April 2<sup>nd</sup> through June 29<sup>th</sup>

**District 2**

Every Monday

**Total Body Workouts 6pm – 7pm**

Every Tuesday & Thursday

**Circuit Training 6:00-7:00 pm**

**District 5**

Every Tuesday & Thursday

**Circuit Training 5:45pm – 6:45 pm**

**District 6**

Every Monday & Wednesday

**Warrior Sculpt 11:30 am – 12:30 pm**

**District 7**

Every Monday & Wednesday

**Warrior Sculpt 5:30 – 6:30 pm**