



September 2018

Wellness Center Calendar

Monday Lunas	Tuesday Go:k Thash	Wednesday Vaik Thash	Thursday Giik Thash	Friday Shavaí
3 	4 Lunch time workout W/ Fabby 11:00 am, 11:45am, 12:30pm Power Hour Workout W/ Bee 5:30 – 6:30 pm Co-Ed Volleyball from 6:30pm to 8pm	5 Lunch time workout W/ Sly 11:00 am, 11:45am, 12:30pm Open Gym from 6:30pm - 8pm	6 Lunch time workout W/ Fabby 11:00 am, 11:45am, 12:30pm Power Hour Workout W/ Bee 5:30 – 6:30 pm Co-Ed Volleyball from 6:30pm to 8pm	7 Lunch time workout W/ Sly 11:00 am, 11:45am, 12:30pm *The Wellness Center will close at 1pm to prepare for the 2nd Annual Mud Dash*
10 Lunch time workout W/ Bee 11:00 am, 11:45am, 12:30pm Open Gym from 6:30pm - 8pm	11 Lunch time workout W/ Fabby 11:00 am, 11:45am, 12:30pm Power Hour Workout W/ Bee 5:30 – 6:30 pm Co-Ed Volleyball from 6:30pm to 8pm	12 Lunch time workout W/ Sly 11:00 am, 11:45am, 12:30pm Open Gym from 6:30pm - 8pm	13 Lunch time workout W/ Fabby 11:00 am, 11:45am, 12:30pm Power Hour Workout W/ Bee 5:30 – 6:30 pm Co-Ed Volleyball from 6:30pm to 8pm	14 Lunch time workout W/ Sly 11:00 am, 11:45am, 12:30pm
17 Lunch time workout W/ Bee 11:00 am, 11:45am, 12:30pm Open Gym from 6:30pm - 8pm	18 Lunch time workout W/ Fabby 11:00 am, 11:45am, 12:30pm Power Hour Workout W/ Bee 5:30 – 6:30 pm Co-Ed Volleyball from 6:30pm to 8pm	19 Lunch time workout W/ Sly 11:00 am, 11:45am, 12:30pm Open Gym from 6:30pm - 8pm	20 The Wellness Center will be closed all day due to a mandatory staff event We apologize for the inconvenience	21 The Wellness Center will be closed in observance of American Indian Day We apologize for the inconvenience
24 Lunch time workout W/ Bee 11:00 am, 11:45am, 12:30pm Open Gym from 6:30pm - 8pm	25 Lunch time workout W/ Fabby 11:00 am, 11:45am, 12:30pm Power Hour Workout W/ Bee 5:30 – 6:30 pm Co-Ed Volleyball from 6:30pm to 8pm	26 Lunch time workout W/ Sly 11:00 am, 11:45am, 12:30pm Open Gym from 6:30pm - 8pm	27 The Wellness Center will be closed September 27 th and 28 th due to mandatory staff training. If you have any questions please call the Recreation Manager: Regina Antone-Smith @ 520-562-6087 or 520-610-6229	
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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



September 7th at

Check in: 5:45 pm

Run begins: 6:00 pm

Mul-Chu-Tha Fairgrounds



Location: District 4 Ball Park

Time: 4:00pm to 8:00 pm

Run Registration @ 5:00 pm

Run Starts @ 5:30 pm

WELLNESS IN YOUR DISTRICT

Starting July 2nd through September 28th

District 2

Every Tuesday & Thursday
Yoga 5:30-6:30 pm

District 5

Every Monday & Wednesday
Zumba 5:45pm – 6:45 pm