



October 2018



Wellness Center Calendar

Monday Lunas	Tuesday Go:k Thash	Wednesday Vaik Thash	Thursday Gi:ik Thash	Friday Shavai
1 Lunch Time Workout W/ Paisley 11:00am, 11:45am, 12:30pm 	2 Lunch Time Workout W/ Bee 11:00am, 11:45am, 12:30pm Zumba w/Fabby @ 5:30pm	3 Lunch Time Workout W/ Fabby 11:00am, 11:45am, 12:30pm 	4 Lunch Time Workout W/ Brandon 11:00am, 11:45am, 12:30pm Zumba w/Fabby @ 5:30pm	5 Lunch Time Workout W/ Sly 11:00am, 11:45am, 12:30pm *The Wellness Center will close at 3:00pm to prepare for 80's Fright Night*
8 Lunch Time Workout W/ Paisley 11:00am, 11:45am, 12:30pm	9 Lunch Time Workout W/ Bee 11:00am, 11:45am, 12:30pm Zumba w/Fabby @ 5:30pm 	10 Lunch Time Workout W/ Fabby 11:00am, 11:45am, 12:30pm	11 Lunch Time Workout W/ Brandon 11:00am, 11:45am, 12:30pm Zumba w/Fabby @ 5:30pm	12 Lunch Time Workout W/ Sly 11:00am, 11:45am, 12:30pm *The Wellness Center gymnasium will close at 2:30pm to prepare for the Day of the Deadlift*
15 Lunch Time Workout W/ Paisley 11:00am, 11:45am, 12:30pm 	16 Lunch Time Workout W/ Bee 11:00am, 11:45am, 12:30pm Zumba w/Fabby @ 5:30pm	17 Lunch Time Workout W/ Fabby 11:00am, 11:45am, 12:30pm 	18 Lunch Time Workout W/ Brandon 11:00am, 11:45am, 12:30pm Zumba w/Fabby @ 5:30pm	19 Lunch Time Workout W/ Sly 11:00am, 11:45am, 12:30pm 
22 Lunch Time Workout W/ Paisley 11:00am, 11:45am, 12:30pm	23 Lunch Time Workout W/ Bee 11:00am, 11:45am, 12:30pm Zumba w/Fabby @ 5:30pm	24 Lunch Time Workout W/ Fabby 11:00am, 11:45am, 12:30pm	25 Lunch Time Workout W/ Brandon 11:00am, 11:45am, 12:30pm Zumba w/Fabby @ 5:30pm	26 Madhouse Workout! 11:30am to 12:30pm *The Wellness Center will close at 3:00pm to prepare for the Trail of Doom 5K run/walk*
29 Lunch Time Workout W/ Paisley 11:00am, 11:45am, 12:30pm *The Wellness Center will close at 4:00pm to prepare for the Trail of Doom on 10/30/18*	30 	31 		

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

*October 5th – 80's Fight Night Zumba W/Fabby @ 5:15pm

*October 12th – Day of the Deadlift @ 5:30pm

*October 26th – Trail of Doom 5K run/walk @ 5:00pm check in Start @ 5:15pm

*October 30th – Trail of Doom from 5:30pm to 8:30pm

WELLNESS IN YOUR DISTRICT

Starting October 1st through December 31st

District 2

Every Tuesday & Thursday Strength Training 5:30-6:30 pm

District 5

Every Monday Tabata 5:45pm – 6:45 pm

