

# Hozhoogo Iina Wellness Center-Group Fitness Calendar

HOURS OF OPERATION: MON.-THURS. 6:00AM-8:00PM, FRI. 6:00AM-6:00PM, SAT. 7:00AM-11:00AM

HOZHOOGO IINA WELLNESS CENTER CONTACT INFORMATION: (928) 289-8065

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY**

				1 <b>WEAR RED DAY</b>  11:30a ULTIMATE 30 MIN WORKOUT-CODY 12:15p STEP-TERRI 5:15p ZUMBA-DYAN	2  7:00a-11:00a OPEN GYM
4  <b>FIT KIDS PROGRAM</b>  5:15p ZUMBA-ELVERA 6:30p TKD/BBA	5  11:30a ULTIMATE 30 MIN WORKOUT-CODY 12:15p STEP-TERRI 5:15p ZUMBA-DYAN 6:30p CARDIO KICKBOXING-VANESSA	6  11:30a CHAIR YOGA-ANN 12:15p ZUMBA-ELVERA 4:00p KIDS ZUMBA-VANESSA 5:00p YOGA-ANN 6:30p TKD/BBA	7  11:30a ZUMBA-ELVERA 12:15p POUND-SHEREEN 4:00p YOUTH FITNESS 5:15p STEP- TERRI 6:30p ZUMBA TONING-VANESSA	8  11:30a TRX FUSION-RYAN 12:15p STEP- TERRI 5:15p ZUMBA-ELVERA	9  7:00a-11:00a OPEN GYM
<b>2019 HEALTHY HEART MONTH FITNESS PUNCH CARD WEEK 1 (2/4-9/2019)</b>					
11  11:30a ULTIMATE 30 MIN WORKOUT-CODY 12:15p STEP IT UP-SHEREEN 5:15p ZUMBA-TERRI 6:30p TKD/BBA	12  11:30a TRX FUSION-RYAN 12:15p BUTTS & GUTS-ELVERA 5:15p ZUMBA-DYAN 6:30p CARDIO KICKBOXING-VANESSA	13  11:30a CHAIR YOGA-ANN 12:15p STEP- TERRI 4:00p KIDS ZUMBA-VANESSA 5:00p YOGA-ANN 6:30p TKD/BBA	14  10:00a MOMS IN MOTION 11:30a ZUMBA-TERRI 12:15p BUTTS & GUTS-ELVERA 4:00p YOUTH FITNESS 5:15p UPPER BODY SCULPT-DYAN 6:30p ZUMBA TONING-VANESSA	15  11:30a ULTIMATE 30 MIN WORKOUT-CODY 12:15p ZUMBA-ELVERA 5:15p ZUMBA-DYAN	16  <b>FEB. FREEZE RUN</b>  7:00a-11:00a OPEN GYM
18  	19  11:30a ULTIMATE 30 MIN WORKOUT-CODY 12:15p STEP-TERRI 5:15p ZUMBA-DYAN 6:30p CARDIO KICKBOXING-VANESSA	20  11:30a CHAIR YOGA-ANN 12:15p ZUMBA-TERRI 4:00p KIDS ZUMBA-VANESSA 5:00p YOGA-ANN 6:30p TKD/BBA	21  11:30a ZUMBA-ELVERA 12:15p POUND-SHEREEN 4:00p YOUTH FITNESS 5:15p STEP- TERRI 6:30p ZUMBA TONING-VANESSA	22  11:30a TRX FUSION-RYAN 12:15p ULTIMATE 30 MIN WORKOUT-CODY 5:15p ZUMBA-ELVERA	23  7:00a-11:00a OPEN GYM
<b>2019 HEALTHY HEART MONTH FITNESS PUNCH CARD WEEK 2 (2/19-23/2019)</b>					
25  11:30a ULTIMATE 30 MIN WORKOUT-CODY 12:15p STEP IT UP-SHEREEN 5:15p ZUMBA-TERRI 6:30p TKD/BBA	26  11:30a BUTTS & GUTS-ELVERA 12:15p STEP-TERRI 5:15p ZUMBA-DYAN 6:30p CARDIO KICKBOXING-VANESSA	27  11:30a CHAIR YOGA-ANN 12:15p ZUMBA-ELVERA 4:00p KIDS ZUMBA-VANESSA 5:00p YOGA-ANN 6:30p TKD/BBA	28  10:00a MOMS IN MOTION 11:30a ULTIMATE 30 MIN WORKOUT-CODY 12:15p POUND-SHEREEN 4:00p YOUTH FITNESS 5:15p UPPER BODY SCULPT-DYAN 6:30p ZUMBA TONING-VANESSA		

LAST UPDATE: 1/29/19 9:24 AM

**FEBRUARY 2019**