

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

	<p>1</p> 	<p>2</p> <p>11:30a CHAIR YOGA-ANN 12:15p POUND-SHEREEN 4:00p KIDS ZUMBA-VANESSA 5:15p YOGA-ANN 6:30p TKD/BBA</p>	<p>3</p> <p>11:30a ZUMBA-TERRI 12:15p STEP IT UP-SHEREEN 5:15p UPPER BODY SCULPT-DYAN 6:30p ZUMBA TONING-VANESSA</p>	<p>4</p> <p>11:30a TRX FUSION-RYAN 12:15p STEP-TERRI 5:15p ZUMBA-DYAN</p>	<p>5</p> <p>7:00a-11:00a OPEN GYM</p>
<p>7</p> <p>11:30a TRX FUSION-RYAN 12:15p ULTIMATE 30 MIN WORKOUT-CODY 5:15p STEP-TERRI 6:30p TKD/BBA</p>	<p>8</p> <p>11:30a ULTIMATE 30 MIN WORKOUT-CODY 12:15p TRX FUSION-RYAN 5:15p ZUMBA-DYAN 6:30p CARDIO KICKBOXING-VANESSA</p>	<p>9</p> <p>11:30a CHAIR YOGA-ANN 12:15p BUTTS & GUTS-ELVERA 4:00p KIDS ZUMBA-VANESSA 5:15p YOGA-ANN 6:30p TKD/BBA</p>	<p>10</p> <p>11:30a TRX FUSION-RYAN 12:15p STEP-TERRI 5:15p UPPER BODY SCULPT-DYAN 6:30p ZUMBA TONING-VANESSA</p>	<p>11</p> <p>11:30a POUND-SHEREEN 12:15p ZUMBA-TERRI 5:15p ZUMBA-ELVERA</p>	<p>12</p> <p>7:00a-11:00a OPEN GYM</p>
<p>14</p> <p>FIT KIDS PROGRAM</p> <p>5:15p ZUMBA-ELVERA 6:30p TKD/BBA</p>	<p>15</p> <p>11:30a BUTTS & GUTS-ELVERA 12:15p ZUMBA-TERRI 5:15p ZUMBA-DYAN 6:30p CARDIO KICKBOXING-VANESSA</p>	<p>16</p> <p>11:30a CHAIR YOGA-ANN 12:15p ZUMBA-ELVERA 4:00p KIDS ZUMBA-VANESSA 5:15p YOGA-ANN 6:30p TKD/BBA</p>	<p>17</p> <p>11:30a STEP-TERRI 12:15p POUND-SHEREEN 5:15p UPPER BODY SCULPT-DYAN 6:30p ZUMBA TONING-VANESSA</p>	<p>18</p> <p>11:30a ZUMBA-TERRI 12:15p BUTTS & GUTS-ELVERA 5:15p ZUMBA-DYAN</p>	<p>19</p> <p>7:00a-11:00a OPEN GYM</p>
<p>21</p> 	<p>22</p> <p>11:30a STEP-TERRI 12:15p POUND-SHEREEN 5:15p ZUMBA-DYAN 6:30p CARDIO KICKBOXING-VANESSA</p>	<p>23</p> <p>11:30a CHAIR YOGA-ANN 12:15p BUTTS & GUTS-ELVERA 4:00p KIDS ZUMBA-VANESSA 5:15p YOGA-ANN 6:30p TKD/BBA</p>	<p>24</p> <p>10:00a MOMS IN MOTION 11:30a TRX FUSION-RYAN 12:15p ZUMBA-TERRI 5:15p UPPER BODY SCULPT-DYAN 6:30p ZUMBA TONING-VANESSA</p>	<p>25</p> <p>11:30a STEP-TERRI 12:15p TRX FUSION-RYAN 5:15p ZUMBA-ELVERA</p>	<p>26</p> <p>7:00a-11:00a OPEN GYM</p>
<p>28</p> <p>11:30a TRX FUSION-RYAN 12:15p ULTIMATE 30 MIN WORKOUT-CODY 5:15p ZUMBA-ELVERA 6:30p TKD/BBA</p>	<p>29</p> <p>11:30a ULTIMATE 30 MIN WORKOUT-CODY 12:15p STEP IT UP-SHEREEN 5:15p ZUMBA-DYAN 6:30p CARDIO KICKBOXING-VANESSA</p>	<p>30</p> <p>11:30a CHAIR YOGA-ANN 12:15p ZUMBA-ELVERA 4:00p KIDS ZUMBA-VANESSA 5:15p YOGA-ANN 6:30p TKD/BBA</p>	<p>31</p> <p>11:30a ZUMBA-TERRI 12:15p POUND-SHEREEN 5:15p UPPER BODY SCULPT-DYAN 6:30p ZUMBA TONING-VANESSA</p>		

LAST UPDATE: 1/2/19 10:45AM

JANUARY 2019