

Hozhoogo Iina Wellness Center—Group Fitness Calendar

HOURS OF OPERATION (MST): 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><i>1</i></p> <p>11:30a STEP-SAUSHA 12:15p ULTIMATE 30MIN WKOUT-CODY 5:15p ZUMBA-TERRI 6:30p TKD-BBA</p>	<p><i>2</i></p> <p>11:30a ULTIMATE 30MIN WKOUT-CODY 12:15p POUND-SHEREEN 5:15p STEP-TERRI 6:30p ZUMBA-ELVERA</p>	<p><i>3</i></p> <p>11:30a CHAIR YOGA-ANN 12:15p ZUMBA-TERRI 4:00p KIDS ZUMBA-VANESSA 5:15p YOGA-ANN 6:30p TKD-BBA</p>	<p><i>4</i></p> <p>11:30a STEP-TERRI  12:15p ZUMBA-ELVERA 4:00p YOUTH FITNESS-CODY 5:15p TRX-RYAN 6:30p ZUMBA TONING-VANESSA</p>	<p><i>5</i></p> <p>11:30a TRX-RYAN 12:15p STEP-TERRI 5:15p ZUMBA-DYAN</p>	<p><i>6</i></p> <p>7:00a-11:00a OPEN GYM</p>
<p><i>8</i></p> <p> 5:15p ZUMBA-TERRI 6:30p TKD-BBA</p>	<p><i>9</i></p> <p>11:30a ULTIMATE 30MIN WKOUT-CODY 12:15p BUTTS-N-GUTS-ELVERA 5:15p STEP-TERRI 6:30p ZUMBA-ELVERA</p>	<p><i>10</i></p> <p>11:30a CHAIR YOGA-ANN 12:15p ZUMBA-TERRI 4:00p POUND FOR KIDS-SHEREEN 5:15p YOGA-ANN 6:30p TKD-BBA</p>	<p><i>11</i></p> <p>11:30a STEP-TERRI  12:15p POUND-SHEREEN 4:00p YOUTH FITNESS-RYAN 5:15p ULTIMATE WKOUT-CODY 6:30p CARDIO KICKBOXING-VANESSA</p>	<p><i>12</i></p> <p>11:30a TRX-RYAN 12:15p STEP-TERRI 5:15p ZUMBA-DYAN</p>	<p><i>13</i></p> <p>7:00a-11:00a OPEN GYM</p>
<p><i>15</i></p> <p>11:30a STEP-TERRI 12:15p TRX-RYAN 5:15p ZUMBA-TERRI 6:30p TKD-BBA</p>	<p><i>16</i></p> <p>11:30a ULTIMATE 30MIN WKOUT-CODY 12:15p ZUMBA-ELVERA 5:15p STEP-TERRI 6:30p ZUMBA-ELVERA</p>	<p><i>17</i></p> <p>11:30a CHAIR YOGA-ANN 12:15p ZUMBA-TERRI 4:00p KIDS ZUMBA-VANESSA 5:15p YOGA-ANN 6:30p TKD-BBA</p>	<p><i>18</i></p> <p>11:30a STEP-TERRI  12:15p POUND-SHEREEN 4:00p YOUTH FITNESS-SAUSHA 5:15p TRX-RYAN 6:30p ZUMBA TONING-VANESSA</p>	<p><i>19</i></p> <p>11:30a TRX-RYAN 12:15p STEP-TERRI 5:15p ZUMBA-DYAN</p>	<p><i>20</i></p> <p>7:00a-11:00a OPEN GYM</p>
<p><i>22</i> NAVAJO SOVEREIGNTY DAY</p> <p></p>	<p><i>23</i></p> <p>11:30a ULTIMATE 30MIN WKOUT-CODY 12:15p ZUMBA-TERRI 5:15p STEP-TERRI 6:30p ZUMBA-ELVERA</p>	<p><i>24</i></p> <p>11:30a CHAIR YOGA-ANN 12:15p ZUMBA-TERRI 4:00p KIDS ZUMBA-VANESSA 5:15p YOGA-ANN 6:30p TKD-BBA</p>	<p><i>25</i></p> <p>11:30a STEP-SAUSHA  12:15p ZUMBA-ELVERA 4:00p YOUTH FITNESS-TERRI 5:15p ULTIMATE WKOUT-CODY 6:30p CARDIO KICKBOXING-VANESSA</p>	<p><i>26</i></p> <p>11:30a TRX-RYAN 12:15p STEP-TERRI 5:15p ZUMBA-DYAN</p>	<p><i>27</i></p> <p>7:00a-11:00a OPEN GYM</p>
<p><i>29</i></p> <p>11:30a STEP-SAUSHA 12:15p ULTIMATE 30MIN WKOUT-CODY 5:15p ZUMBA-ELVERA 6:30p TKD-BBA</p>	<p><i>30</i></p> <p>11:30a ULTIMATE 30MIN WKOUT-CODY 12:15p POUND-SHEREEN 5:15p STEP-TERRI 6:30p ZUMBA-ELVERA</p>				

April 2019