






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

June 2019

Mon	Tue	Wed	Thu	Fri	Sat
					1 7:00a—11:00a OPEN GYM
3  5:15p ZUMBA-ELVERA 6:30p TKD-BBA	4 11:30a ZUMBA-TERRI 12:15p ULTIMATE 30MIN WKOUT-CODY 5:15p CARDIO KICKBOXING-VANESSA 6:30p STEP-TERRI	5 11:30a CHAIR YOGA-ANN 12:15p STEP-TERRI 4:00p KIDS ZUMBA-VANESSA 5:15p YOGA-ANN 6:30p TKD-BBA	6 11:30a ZUMBA-ELVERA 12:15p UPPER BODY SCULPTING-DYAN  HIWC closes @ 3pm JMI @ Teesto C.H.	7 11:30a BUTTS & GUTS-ELVERA 12:15p CARDIO KICKBOXING-VANESSA 5:15p UPPER BODY SCULPTING-DYAN	8 7:00a—11:00a OPEN GYM
10 11:30a ZUMBA TONING-VANESSA 12:15p POUND-SHEREEN 5:15p ZUMBA-ELVERA 6:30p TKD-BBA	11 11:30a ZUMBA-TERRI 12:15p ULTIMATE 30MIN WKOUT-CODY 5:15p ZUMBA TONING-VANESSA 6:30p BUTTS N GUTTS-ELVERA	12 11:30a CHAIR YOGA-ANN 12:15p STEP-TERRI 4:00p KIDS POUND-SHEREEN 5:15p YOGA-ANN 6:30p TKD-BBA	13 11:30a ZUMBA-ELVERA 12:15p Upper Body Sculpting-DYAN  HIWC closes @ 3pm JMI @ Jeddito Elem.	14 11:30a BUTTS & GUTS-ELVERA 12:15p CARDIO KICKBOXING-VANESSA 5:15p ZUMBA-DYAN	15 7:00a—11:00a OPEN GYM
17 11:30a POUND-SHEREEN 12:15p UPPER BODY SCULPTING-DYAN 5:15p ZUMBA-ELVERA 6:30p TKD-BBA	18 11:30a ZUMBA-TERRI 12:15p ULTIMATE 30MIN WKOUT-CODY 5:15p CARDIO KICKBOXING-VANESSA 6:30p BUTTS N GUTTS-ELVERA	19 11:30a CHAIR YOGA-ANN 12:15p STEP-TERRI 4:00p KIDS ZUMBA-VANESSA 5:15p YOGA-ANN 6:30p TKD-BBA	20 11:30a ZUMBA-ELVERA 12:15p Upper Body Sculpting-DYAN  HIWC closes @ 3pm JMI @ Whitecone MPB	21 11:30a ULTIMATE 30MIN WKOUT-CODY 12:15p ZUMBA-TERRI 5:15p UPPER BODY SCULPTING-DYAN	22 7:00a—11:00a OPEN GYM
24 11:30a ZUMBA TONING-VANESSA 12:15p POUND-SHEREEN 5:15p ZUMBA-ELVERA 6:30p TKD-BBA	25 11:30a ZUMBA-TERRI 12:15p ULTIMATE 30MIN WKOUT-CODY 5:15p ZUMBA TONING-VANESSA 6:30p STEP-TERRI	26 11:30a CHAIR YOGA-ANN 12:15p STEP-TERRI 4:00p KIDS ZUMBA-VANESSA 5:15p YOGA-ANN 6:30p TKD-BBA	27 11:30a ZUMBA-ELVERA 12:15p Upper Body Sculpting-DYAN  HIWC closes @ 3pm JMI @ Dilkon C.H.	28 11:30a ULTIMATE 30MIN WKOUT-CODY 12:15p ZUMBA-TERRI 5:15p ZUMBA-DYAN	29 7:00a—11:00a OPEN GYM