









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

MARCH 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>WIHCC Wellness Center hours of operation are on Mountain Standard Time.</p> <p>Revised: 03.04.2019</p> <p>Attend a YOGA Class in March for a LUCKY incentive!!!</p> <ul style="list-style-type: none"> Multiple studies have confirmed the many mental and physical benefits of yoga. Incorporating it into your routine can help enhance your health, increase strength and flexibility, reduce symptoms of stress, depression and anxiety, and lessen chronic pain. Finding the time to practice yoga just a few times per week may be enough to make a noticeable difference when it come to your health! 				1	2
				11:30a ULTIMATE 30MIN WKOUT-CODY 12:15p STEP-TERRI 5:15p ZUMBA-DYAN	7:00a-11:00a OPEN GYM
4	5	6	7	8	9
11:30a STEP-TERRI 12:15p ULTIMATE 30MIN WKOUT-CODY 5:15p ZUMBA-TERRI 6:30p TKD-BBA	11:30a ULTIMATE 30MIN WKOUT-CODY 12:15p ZUMBA-ELVERA 5:15p STEP-TERRI 6:30p ZUMBA-ELVERA	11:30a CHAIR YOGA-ANN 12:15p ZUMBA-TERRI 4:00p KIDS ZUMBA-VANESSA 5:15p YOGA-ANN 6:30p TKD-BBA 	11:30a ZUMBA-TERRI 12:15p STEP IT UP-SHEREEN 4:00p YOUTH FITNESS 5:15p POUND-SHEREEN 6:30p ZUMBA TONING-VANESSA 	11:30a ULTIMATE 30MIN WKOUT-CODY 12:15p STEP-TERRI 5:15p ZUMBA-DYAN	7:00a-11:00a OPEN GYM
11	12	13	14	15	16
<p>FIT KIDS PROGRAM</p> 5:15p ULTIMATE WORKOUT-CODY 6:30p TKD-BBA	11:30a UPPER BODY SCULPT-DYAN 12:15p ULTIMATE 30MIN WKOUT-CODY 5:15p ZUMBA-TERRI 6:30p BUTTS & GUTS-ELVERA	<p>POUND ROCKOUT. WORKOUT.</p> 11:30a CHAIR YOGA-ANN 12:15p ZUMBA-TERRI **4:00p KIDS GLO POUND-SHEREEN 5:15p YOGA-ANN 6:30p TKD-BBA 	10:00a Moms In Motion 11:30a ZUMBA-TERRI 12:15p POUND-SHEREEN 4:00p YOUTH FITNESS 5:15p STEP IT UP-SHEREEN 6:30p CARDIO KICKBOXING-VANESSA 	11:30a ULTIMATE 30MIN WKOUT-CODY 12:15p STEP-TERRI 5:15p ZUMBA-DYAN	7:00a-11:00a OPEN GYM
18	19	20	21	22	23
11:30a ZUMBA-TERRI 12:15p ULTIMATE 30MIN WKOUT-CODY 5:15p ZUMBA-TERRI 6:30p TKD-BBA	11:30a STEP-TERRI 12:15p ZUMBA-ELVERA 5:15p STEP-TERRI 6:30p ZUMBA-ELVERA	11:30a CHAIR YOGA-ANN 12:15p ZUMBA-TERRI 4:00p KIDS ZUMBA-VANESSA 5:15p YOGA-ANN 6:30p TKD-BBA 	11:30a STEP-TERRI 12:15p POUND-SHEREEN 4:00p YOUTH FITNESS 5:15p POUND-SHEREEN 6:30p ZUMBA TONING-VANESSA 	11:30a ULTIMATE 30MIN WKOUT-CODY 12:15p STEP-TERRI 5:15p ZUMBA-DYAN	7:00a-11:00a OPEN GYM
25	26	27	28	29	30
11:30a TRX-FUSION RYAN 12:15p ZUMBA-TERRI 5:15p ULTIMATE WORKOUT-CODY 6:30p TKD-BBA	11:30a ULTIMATE 30MIN WKOUT-CODY 12:15p ZUMBA-DYAN 5:15p STEP IT UP-SHEREEN 6:30p BUTTS & GUTS-ELVERA	11:30a CHAIR YOGA-ANN 12:15p ULTIMATE 30MIN WKOUT-CODY 4:00p POUND FOR KIDS-SHEREEN 5:15p YOGA-ANN 6:30p TKD-BBA 	10:00a Moms In Motion 11:30a ZUMBA-TERRI 12:15p TRX FUSION-RYAN 4:00p YOUTH FITNESS 5:15p ZUMBA-TERRI 6:30p CARDIO KICKBOXING-VANESSA 	11:30a ULTIMATE 30MIN WKOUT-CODY 12:15p STEP-TERRI 5:15p ZUMBA-DYAN	7:00a-11:00a OPEN GYM