



July 2018

Wellness Center Calendar

Monday Lunas	Tuesday Go:k Thash	Wednesday Vaik Thash	Thursday Giik Thash	Friday Shavai
2 Lunch time workout W/ Bee 11:00 am, 11:45am, 12:30pm Open Gym from 6:30pm - 8pm	3 Lunch time workout W/ Fabby 11:00 am, 11:45am, 12:30pm *The Wellness Center will close at 2pm for D3 Recreation 4th of July Event*	4 	5 *Wellness Center is Closed all day in preparation for the Fireworks Extravaganza event*	6 Lunch time workout W/ Sly 11:00 am, 11:45am, 12:30pm
9 Lunch time workout W/ Bee 11:00 am, 11:45am, 12:30pm Open Gym from 6:30pm - 8pm	10 Lunch time workout W/ Fabby 11:00 am, 11:45am, 12:30pm Power Hour Workout W/ Bee 5:30 – 6:30 pm Co-Ed Volleyball from 6:30pm to 8pm	11 Lunch time workout W/ Sly 11:00 am, 11:45am, 12:30pm Open Gym from 6:30pm - 8pm	12 Lunch time workout W/ Fabby 11:00 am, 11:45am, 12:30pm Power Hour Workout W/ Bee 5:30 – 6:30 pm Co-Ed Volleyball from 6:30pm to 8pm	13 Lunch time workout W/ Sly 11:00 am, 11:45am, 12:30pm
16 Lunch time workout W/ Bee 11:00 am, 11:45am, 12:30pm Open Gym from 6:30pm - 8pm	17 Lunch time workout W/ Fabby 11:00 am, 11:45am, 12:30pm Power Hour Workout W/ Bee 5:30 – 6:30 pm Co-Ed Volleyball from 6:30pm to 8pm	18 Lunch time workout W/ Sly 11:00 am, 11:45am, 12:30pm Open Gym from 6:30pm - 8pm	19 Lunch time workout W/ Fabby 11:00 am, 11:45am, 12:30pm Day 1 of the Men's Basketball Tournament starting @ 5:30 pm	20 Lunch time workout W/ Sly 11:00 am, 11:45am, 12:30pm Day 2 of the Men's Basketball Tournament starting @ 5:30 pm
23 Lunch time workout W/ Bee 11:00 am, 11:45am, 12:30pm Open Gym from 6:30pm - 8pm	24 Lunch time workout W/ Fabby 11:00 am, 11:45am, 12:30pm Power Hour Workout W/ Bee 5:30 – 6:30 pm Co-Ed Volleyball from 6:30pm to 8pm	25 Lunch time workout W/ Sly 11:00 am, 11:45am, 12:30pm Open Gym from 6:30pm - 8pm	26 Lunch time workout W/ Fabby 11:00 am, 11:45am, 12:30pm Power Hour Workout W/ Bee 5:30 – 6:30 pm Co-Ed Volleyball from 6:30pm to 8pm	27 Lunch time workout W/ Sly 11:00 am, 11:45am, 12:30pm
30 Lunch time workout W/ Bee 11:00 am, 11:45am, 12:30pm Open Gym from 6:30pm - 8pm	31 Lunch time workout W/ Fabby 11:00 am, 11:45am, 12:30pm Power Hour Workout W/ Bee 5:30 – 6:30 pm Co-Ed Volleyball from 6:30pm to 8pm			

Lunch Time workouts are approx. 30 minutes

Wellness Center Hours:

Monday – Thursday: 6:00 am – 8:00 pm
 Friday: 6:00 am – 5:00 pm

If you have any questions or concerns please call the Wellness Center @ 520-562-2026

Class schedules and times are subject to change

WEEKEND WELLNESS EVENTS

July 21st

Last and Final Day of the Men's Basketball Tournament
Starting at 8:00 am

July 28th

T-Ball Awards Ceremony
10 am to 1 pm

WELLNESS IN YOUR DISTRICT

Starting July 2nd through September 28th

District 2

Every Tuesday & Thursday
Yoga 5:30-6:30 pm

District 5

Every Monday & Wednesday
Zumba 5:45pm – 6:45 pm