**Pascua Yaqui Wellness Center 5305 W. Calle Torim, Tucson Az, 85757**

**520-879-6203**

**\*Fitness Classes will be cancelled 15 minutes after start time if there are no participants**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| **6:15-7:15** | **Boxing Cardio** | **Boxing Cardio** | **Boxing Cardio** | **Women’s Workout** | **Boxing Cardio** |  |
| **8:30-9:30** |  |  |  | **Boxing Cardio** |  | **Open Gym 8-5 p.m.** |
| **10:00-11:00** | **Open Group Training (Gym)** |  | **Open Group Training (Gym)** |  |  |  |
| **11:15 -12:15** | **Boxing Cardio** | **Boxing Cardio** | **Boxing Cardio** | **Boxing Cardio** | **Boxing Cardio** |  |
| **12:00-1:00** |  |  | **Walk** |  |  |  |
| **12:15-1:15** | **Zumba (12:10-1pm)** |  | **Spin** |  | **Spin** |  |
|  | **Fresh Air Fitness** | **Fresh Air Fitness** | **Fresh Air Fitness** | **Fresh Air Fitness** | **Fresh Air Fitness** |  |
| **1:30-3:00** | **Yoga** |  | **Yoga** | **Yoga** |  |  |
| **2:30-6:00** |  |  | **After School Program**  **Richey** |  |  |  |
| **3:00-5:00** | **Boxing Class** | **Boxing Class** | **Boxing Class** | **Boxing Class** | **Boxing Class (Richey)** |  |
| **4:00-5:30** | **Group Training**  **Powerlifting** | **Group Training**  **Powerlifting** | **Group Training**  **Powerlifting** | **Group Training**  **Powerlifting** |  |  |
| **5:30-6:15** |  | **Spin** |  |  |  |  |
| **5:30-6:30** |  |  |  | **Yoga** |  |  |
| **5:30-6:30** |  |  |  |  |  |  |
| **5:00-7:00** | **Open Gym Boxing** | **Advance Boxing** | **Advance Boxing** | **Advance Boxing** | **Open Gym (6pm)** |  |
| **6:00-10:00** |  | **Youth Basketball League** |  | **Youth Basketball League** |  |  |

**Class Descriptions**

**Open Group Training:**

This is a class that follows a circuit training program in the gym. The program is written on a board and participants follow the program at their own pace, there is a fitness attendant on hand if you have any questions. The program on the board changes weekly, progressively getting more difficult (there is always a beginner program available).

**Fresh Air Fitness:** Consist of Open Volleyball, Basketball, hockey, flag football.

**Boxing Cardio:**

This is a cardio focused class using boxing techniques and training to give you a great workout. This is a higher paced class that includes running, jumping jacks, sit-ups, push-ups, and jump rope, in an interval style to keep your heart rate up.

**Zumba:**

Zumba is a dance class that helps build cardio fitness using Cumbia, Salsa, Meringa, and Reggaeton dance styles. Dance steps are taught with up-beat music and put together to make a dance routine that will make you sweat and keep you fit!

**Group Training:**

A class that rotates through low-intensity and high-intensity exercises in an interval style to build strength and cardio endurance.

**Yoga:**

A mindfully calming class that stretches and builds muscle, using your own body’s resistance, through a series of poses.

**Boxing Class/Advanced Boxing/Open Boxing Gym:**

The boxing program helps train individuals who are interested in getting fit and/or competing in state-wide boxing competitions. See boxing coach to find the right class for you.

**After School Program (7-15 years old):**

Keeps teenagers engaged in fun and physically challenging activities to build physical fitness and learn life skills through recreation games.

**Spin:**

Builds cardio endurance on the stationary bike through intervals of medium to high intensity with up-beat music and black light fun.

\*All physical fitness and experience levels WELCOME; the staff is expertly trained to accommodate classes for all levels.