



DIABETES PREVENTION AND TREATMENT PROGRAM

FITNESS CLASS SCHEDULE

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
6:15-7:15					
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)	Group Training	Spin	Zumba (12:10-1pm)	Spin
1:15-2:15	Group Training				
1:15-2:15					
1:30-3:00	Yoga		Yoga		
3:00-5:00	Boxing Class	Boxing Class	Boxing Class	Boxing Class	Boxing Class (Richey)
3:00-6:00	Open Group Training (Gym)	Open Group Training (Gym)	After School Program (starts 2/1/16)	Open Group Training (Gym)	
4:00-5:30	After School Program (Teen) (starts 2/1/16)	After School Program (Teen)		After School Program (Teen) starts 2/1/16	
5:30-6:30	Fit Kids	Fit Kids		Fit Kids	
5:30-6:30	Group Training /Spin	Zumba (5:15-6:30pm) starts 1/12/15	Group Training /Spin		
5:00-7:00	Open Gym Boxing	Advance Boxing	Advance Boxing	Advance Boxing	Open Gym (6pm)
6:00-8:00					
7:00-9:00		Open Gym Boxing	Open Gym Boxing	Open Gym Boxing	

Fitness Room Hours:

Monday: Thursday: 6:00AM – 9:00PM
Friday: 6:00AM – 6:00PM
Saturday: 8:00AM – 12:00PM

Non-Tribal Hours:

6:00AM – 12:00PM
2:00PM – 5:00PM



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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).

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.

Fit Kids (3-13 years old):

Introducing kids to a physically active lifestyle through fun games and activities.

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.