



# January



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1.</p>  <p><b>HPDP CLOSED</b></p>	<p>2. <b>Fitness Room Hrs:</b> 500a-9a/10a-3p/5-8p <b>Exercise Room:</b> 5:30a- Workout w/Kim 12pm: 3-5pm- YOUTH GYM 6p-Spin w/Sham 7p- Zen w/Jen</p>	<p>3. <b>Fitness Room Hrs:</b> 500a-9a/10a-3p/5-8p <b>Exercise Room:</b> 5:30a: Spin w/Sham 12pm: BOSUw/Kim 3-5pm: Youth Gym 4-5pm: Youth Fitness 5:15p:Kickboxingw/Sham 6pm: Yoga w/Jeannette 7pm: Spin w/Sam</p>	<p>4. <b>Fitness Room Hrs:</b> 500a-9a/10a-3p/5-8p <b>Exercise Room:</b> 5:30a:TRX w/Elena 12pm: Weights w/Jess 3-5pm: YOUTH GYM 5-6pm:Strength w/Frank 6pm:Spin w/Sham</p>	<p>5. <b>Fitness Room Hrs:</b> 500a-9a/10a-3p/5-7p <b>Exercise Room:</b> 5:30a: Spin w/Sham 3-5pm:YOUTH GYM 5:15pm: INSANITY 6pm: Strength w/Frank  <u>7PM:CLOSED</u></p>
<p>8. <b>Fitness Room Hrs:</b> 500a-9a/10a-3p/5-8p <b>Exercise Room:</b> 5:30a: Spin w/Sham 12pm: TRX w/Elena 3-5pm: Youth Gym 4-5m: Insanity youth fitness 5:15p:Kickboxingw/Sham 6pm: Yoga w/Jeannette 7pm: Spin w/Sam</p>	<p>9. <b>Fitness Room Hrs:</b> 500a-9a/10a-3p/5-8p <b>Exercise Room:</b> 5:30a- Workout w/Elena 12pm: TRX w/Elena 3-5pm- YOUTH GYM 6p-Spin w/Sham 7p- Zen w/Jen</p>	<p>10. <b>Fitness Room Hrs:</b> 500a-9a/10a-3p/5-8p <b>Exercise Room:</b> 5:30a: Spin w/Sham 12pm: BOSUw/Kim 3-5pm: Youth Gym 4-5pm: Youth Fitness 5:15p:Kickboxingw/Sham 6pm: Yoga w/Jeannette 7pm: Spin w/Sam</p>	<p>11. <b>Fitness Room Hrs:</b> 500a-9a/10a-3p/5-8p <b>Exercise Room:</b> 5:30a: TRX w/Elena 12pm: Weights w/Jess 3-5pm: YOUTH GYM 5-6pm:Country Heat DVD 6pm: Spin w/Sham</p>	<p>12. <b>Fitness Room Hrs:</b> 500a-9a/10a-3p/5-7p <b>Exercise Room:</b> 5:30a: Spin w/Sham 3-5pm:YOUTH GYM 5:15pm: INSANITY 6pm:Country Heat DVD  <u>7PM:CLOSED</u></p>
	<p>16. <b>Fitness Room Hrs:</b> 500a-9a/10a-3p/5-8p <b>Exercise Room:</b> 5:30a- Workout w/Jess 12pm: TRX w/Elena 3-5pm- YOUTH GYM 5-6pm: Weights w/Jess 6p-Spin w/Sham 7p- Zen w/Jen</p>	<p>17. <b>Fitness Room Hrs:</b> 500a-9a/10a-3p/5-8p <b>Exercise Room:</b> 5:30a: Spin w/Sham 12pm: BOSUw/Kim 3-5pm: Youth Gym 4-5pm: Youth Fitness 5:15p:Kickboxingw/Sham 6pm: Yoga w/Jeannette 7pm: Spin w/Sam</p>	<p>18. <b>Fitness Room Hrs:</b> 500a-9a/10a-3p/5-8p <b>Exercise Room:</b> 5:30a: TRX w/Elena 12pm: Weights w/Jess 3-5pm: YOUTH GYM 5-6p: Strength w/Frank 6pm: Spin w/Sham</p>	<p>19. <b>Fitness Room Hrs:</b> 500a-9a/10a-3p/5-7p <b>Exercise Room:</b> 5:30a: Spin w/Sham 3-5pm:YOUTH GYM 5:15pm: INSANITY 6pm: Strength w/Frank  <u>7PM:CLOSED</u></p>
<p>22. <b>Fitness Room Hrs:</b> 500a-9a/10a-3p/5-8p <b>Exercise Room:</b> 5:30a: Spin w/Sham 12pm: TRX w/Elena 3-5pm: Youth Gym 4-5pm: CIZE Youth Fitness 5:15p:Kickboxingw/Sham 6pm: Yoga w/Jeannette 7pm: Spin w/Sam</p>	<p>23. <b>Fitness Room Hrs:</b> 500a-9a/10a-3p/5-8p <b>Exercise Room:</b> 5:30a- Insanity workout 12pm: TRX w/Elena 3-5pm- YOUTH GYM 6p-Spin w/Sham 7p- Zen w/Jen</p>	<p>24. <b>Fitness Room Hrs:</b> 500a-9a/10a-3p/5-8p <b>Exercise Room:</b> 5:30a: Spin w/Sham 12pm: BOSUw/Kim 3-5pm: Youth Gym 4-5pm: Youth Fitness 5:15p:Kickboxingw/Sham 6pm: Yoga w/Jeannette 7pm: Spin w/Sam</p>	<p>25. <b>Fitness Room Hrs:</b> 500a-9a/10a-3p/5-8p <b>Exercise Room:</b> 5:30a: TRX w/Elena 12pm: Weights w/Jess 3-5pm: YOUTH GYM 5-6p: Strength w/Frank 6pm: Spin w/Sham</p>	<p>26. <b>Fitness Room Hrs:</b> 500a-9a/10a-3p/5-7p <b>Exercise Room:</b> 5:30a: Spin w/Sham 3-5pm:YOUTH GYM 5:15pm: INSANITY 6pm: Strength w/Frank  <u>7PM:CLOSED</u></p>
<p>29. <b>Fitness Room Hrs:</b> 500a-9a/10a-3p/5-8p <b>Exercise Room:</b> 5:30a: Spin w/Sham 12pm: TRX w/Elena 3-5pm: Youth Gym 4-5m: Insanity Youth Fitness 5:15p:Kickboxingw/Sham 6pm: Yoga w/Jeannette 7pm: Spin w/Sam</p>	<p>30. <b>Fitness Room Hrs:</b> 500a-9a/10a-3p/5-8p <b>Exercise Room:</b> 5:30a- Workout w/Jess 12pm: TRX w/Elena 3-5pm- YOUTH GYM 6p-Spin w/Sham 7p- Zen w/Jen</p>	<p>31. <b>Fitness Room Hrs:</b> 500a-9a/10a-3p/5-8p <b>Exercise Room:</b> 5:30a: Spin w/Sham 12pm: BOSUw/Kim 3-5pm: Youth Gym 4-5pm: Youth Fitness 5:15p:Kickboxingw/Sham 6pm: Yoga w/Jeannette 7pm: Spin w/Sam</p>	<p>1/07 GFC Group Run-Cameron 1/08 GFC Presentation 6pm @TCBS 1/15 Rock N Roll Marathon- Team Tuba City * 5k *10k *13.1 *26.2 Any questions call : HPDP Center (928)-283-1420 <a href="http://www.tchealth.org">www.tchealth.org</a></p>	

