



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>HPDP Lifestyle Balance -Tuba City Chapter Education Class: 7,12,21,28 Fitness Session: 5,14,20,26 HPDP <u>Closed</u>- 1/19/2018 GYM HOURS: Monday-Thursday: 5am-9am *10am-3pm *5-8pm Friday: 5am-9am *10am-3pm *5-7pm Youth GYM Hours: 3-5pm M-F Any questions call : HPDP Center (928)-283-1420 www.tchealth.org</p>			<p>1. Fitness Room Hrs: 500a-9a/10a-3p/5-8p Exercise Room: 5:30a: OPEN 12pm: HIIT w/Jess 3-5pm: YOUTH GYM 5-6pm: OPEN 6pm: OPEN</p>	<p>2 Fitness Room Hrs: 500a-9a/10a-3p/5-7p Exercise Room: 5:30a: OPEN 3-5pm: YOUTH GYM 5:15pm: INSANITY 6pm: OPEN <u>7PM:CLOSED</u></p>
<p>5 Fitness Room Hrs: 500a-9a/10a-3p/5-8p Exercise Room: 5:30a: OPEN* 12pm: OPEN 3-5pm: Youth Gym 4-5m: youth fitness 5:15p: OPEN * 6pm: Yoga w/Jeannette* 7pm: Spin w/Sam*</p>	<p>6 Fitness Room Hrs: 500a-9a/10a-3p/5-8p Exercise Room: 5:30a- workout w/Kim 12pm: OPEN 3-5pm- YOUTH GYM 5:15pm: OPEN 6p- OPEN 7p- Zen w/Jen</p>	<p>7 Fitness Room Hrs: 500a-9a/10a-3p/5-8p Exercise Room: 5:30a: OPEN 12pm: BOSUw/Kim 3-5pm: Youth Gym 4-5pm: Youth Fitness 5:15p: OPEN 6pm: Yoga w/Jeannette 7pm: Spin w/Sam</p>	<p>8 Fitness Room Hrs: 500a-9a/10a-3p/5-8p Exercise Room: 5:30a: TRX w/Elena 12pm: HIIT w/Jess 3-5pm: YOUTH GYM 5-6pm: Strength w/Frank 6pm: Spin w/Sham 7p: OPEN</p>	<p>9 Fitness Room Hrs: 500a-9a/10a-3p/5-7p Exercise Room: 5:30a: Spin w/Sham 3-5pm: YOUTH GYM 5:15pm: INSANITY 6pm: Strength w/Frank <u>7PM:CLOSED</u></p>
<p>12 Fitness Room Hrs: 500a-9a/10a-3p/5-8p Exercise Room: 5:30a: Spin w/Sham 12pm: TRX w/Elena 3-5pm: Youth Gym 4-5m: youth fitness 5:15p: Kickboxingw/Sham 6pm: Yoga w/Jeannette 7pm: Spin w/Sam</p>	<p>13 Fitness Room Hrs: 500a-9a/10a-3p/5-8p Exercise Room: 5:30a- Workout w/Elena 12pm: OPEN 3-5pm- YOUTH GYM 5:30pm: Zen w/Jen 6p- Spin w/Sham 7PM: ZUMBA W/AMY</p>	<p>14 Fitness Room Hrs: 500a-9a/10a-3p/5-8p Exercise Room: 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>15 Fitness Room Hrs: 500a-9a/10a-3p/5-8p Exercise Room: 5:30a: Workout w/Jess 12pm: HIIT w/Jess 3-5pm: YOUTH GYM 5-6pm: Strength w/Frank 6pm: Spin w/Sham 7PM: ZUMBA W/AMY</p>	<p>16 Fitness Room Hrs: 500a-9a/10a-3p/5-7p Exercise Room: 5:30a: Spin w/Sham 3-5pm: YOUTH GYM 5:15pm: INSANITY 6pm: Zumba w/Neecee <u>7PM:CLOSED</u></p>
<p>19</p> 	<p>20 Fitness Room Hrs: 500a-9a/10a-3p/5-8p Exercise Room: 5:30a- workout w/Kim 12pm: TRX w/Elena 3-5pm- YOUTH GYM 5:30pm: Zen w/Jen 6p- Spin w/Sham 7PM: ZUMBA W/AMY</p>	<p>21 Fitness Room Hrs: 500a-9a/10a-3p/5-8p Exercise Room: 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>22 Fitness Room Hrs: 500a-9a/10a-3p/5-8p Exercise Room: 5:30a: Workout w/Jess 12pm: HIIT w/Jess 3-5pm: YOUTH GYM 5-6pm: Strength w/Frank 6pm: Spin w/Sham 7PM: ZUMBA W/AMY</p>	<p>23 Fitness Room Hrs: 500a-9a/10a-3p/5-7p Exercise Room: 5:30a: Spin w/Sham 3-5pm: YOUTH GYM 5:15pm: INSANITY 6pm: Strength w/Frank <u>7PM:CLOSED</u></p>
<p>26 Fitness Room Hrs: 500a-9a/10a-3p/5-8p Exercise Room: 5:30a: Spin w/Sham 12pm: OPEN 3-5pm: Youth Gym 4-5m: youth fitness 5:15p: Kickboxingw/Sham 6pm: Yoga w/Jeannette 7pm: Spin w/Sam</p>	<p>27 Fitness Room Hrs: 500a-9a/10a-3p/5-8p Exercise Room: 5:30a- Workout w/Elena 12pm: TRX w/Elena 3-5pm- YOUTH GYM 5:30pm: Zen w/Jen 6p- Spin w/Sham 7PM: ZUMBA W/AMY</p>	<p>28 Fitness Room Hrs: 500a-9a/10a-3p/5-8p Exercise Room: 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>		