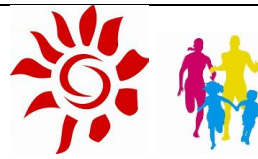




# MAY



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>ADULT FITNESS HOURS</b>  <b>MONDAY-THURSDAY</b> 5:30AM-9:00AM 10:00AM-2:00PM 5:00PM-8:00PM <b>FRIDAY</b> EVENING GYM: 5:00PM-7:00PM <b>YOUTH FITNESS HOURS</b> Monday-Friday 3:00pm-5:00pm	<b>1 Fitness Room Hrs:</b> 530-9am/10am-2pm/5-8pm <b>Exercise Room:</b> 3-5pm: Youth Fitness Hours 5:15pm: Insanity 6pm: Spin w/SAM	<b>2 Fitness Room Hrs:</b> 530-9am/10am-2pm/5-8pm <b>Exercise Room:</b> 5:30am: Spin w/Sham 3-5pm: Youth Fitness Hours 4-5pm: Youth Insanity 6pm: Yoga w/Jeannette 7pm: Spin w/Sam	<b>3 Fitness Room Hrs:</b> 530-9am/10am-2pm/5-8pm <b>Exercise Room:</b> 3-5pm: Youth Fitness Hours 5pm-7pm: CLOSED 7pm: Spin w/Sham	<b>4 Fitness Room Hrs:</b> 530-9am/10am-2pm/5-7pm <b>Exercise Room:</b> 12pm: CLOSED 5:30am: Spin w/Sham 3-5pm: Youth Fitness Hours 6pm: Zumba w/Neecee 7PM: CLOSED
<b>7 Fitness Room Hrs:</b> 530-9am/10am-2pm/5-8pm <b>Exercise Room:</b> 5:30am: Spin w/Sham 3-5pm: Youth Fitness Hours 4-5pm: Youth Insanity 6pm: Yoga w/Jeannette 7pm: Spin w/Sam	<b>8 Fitness Room Hrs:</b> 530-9am/10am-2pm/5-8pm <b>Exercise Room:</b> 3-5pm: Youth Fitness Hours 5:15pm: Insanity 6pm: Spin w/Sham <b>Just Move It- KAIBETO</b> (Reg:6pm // Start: 7pm)	<b>9 Fitness Room Hrs:</b> 530-9am/10am-2pm/5-8pm <b>Exercise Room:</b> 5:30am: Spin w/Sham 12pm: BOSU w/Kim 3-5pm: Youth Fitness Hours 4-5pm: Youth Insanity 5:15pm: Kickboxing w/Sham 6pm: Yoga w/Jeannette 7pm: Spin w/Sam	<b>10 Fitness Room Hrs:</b> 530-9am/10am-2pm/5-8pm <b>Exercise Room:</b> 3-5pm: Youth Fitness Hours 6pm: Spin w/Sham	<b>11 Fitness Room Hrs:</b> 530-9am/10am-2pm/5-7pm <b>Exercise Room:</b> 5:30am: Spin w/Sham 3-5pm: Youth Fitness Hours 6pm: Zumba w/Neecee 7PM: CLOSED
<b>14 Fitness Room Hrs:</b> 530-9am/10am-2pm/5-8pm <b>Exercise Room:</b> 5:30am: Spin w/Sham 3-5pm: Youth Fitness Hours 4-5pm: Youth Insanity 5:15pm: Kickboxing w/Sham 6pm: Yoga w/Jeannette 7pm: Spin w/Sam	<b>15 Fitness Room Hrs:</b> 530-9am/10am-2pm/ <b>CLOSED</b> <b>Exercise Room:</b> 3-5pm: Youth Fitness Hours <b>Just Move It-</b> <b>LECHEE CHAPTER</b> (Reg:6pm // Start: 7pm)	<b>16 Fitness Room Hrs:</b> 530-9am/10am-2pm/5-8pm <b>Exercise Room:</b> 5:30am: Spin w/Sham 3-5pm: Youth Fitness Hours 4-5pm: Youth Circuit w/Jess 5:15pm: TBD 6pm: Yoga w/Jeannette 7pm: Spin w/Sam	<b>17 Fitness Room Hrs:</b> 530-9am/10am-2pm/5-8pm <b>Exercise Room:</b> 3-5pm: Youth Fitness Hours 6pm: Spin w/Sham	<b>18 Fitness Room Hrs:</b> 530-9am/10am-2pm/5-7pm <b>Exercise Room:</b> 5:30am: Spin w/Sham 3-5pm: Youth Fitness Hours 6pm: Zumba w/Neecee 7PM: CLOSED
<b>21 Fitness Room Hrs:</b> 530-9am/10am-2pm/5-8pm <b>Exercise Room:</b> 5:30am: Spin w/Sham 3-5pm: Youth Fitness Hours 4-5pm: Youth Insanity 5:15pm: Kickboxing w/Sham 6pm: Yoga w/Jeannette 7pm: Spin w/Sam	<b>22 Fitness Room Hrs:</b> 530-9am/10am-2pm/ <b>CLOSED</b> <b>Exercise Room:</b> 12pm: TRX w/Elena 3-5pm: Youth Fitness Hours <b>Just Move It- TONALEA</b> (Reg:6pm // Start: 7pm)	<b>23 Fitness Room Hrs:</b> 530-9am/10am-2pm/5-8pm <b>Exercise Room:</b> 5:30am: Spin w/Sham 12pm: BOSU w/Kim 3-5pm: Youth Fitness Hours 4-5pm: Youth Circuit w/Jess 5:15pm: Kickboxing w/Sham 6pm: Yoga w/Jeannette 7pm: Spin w/Sam	<b>24 Fitness Room Hrs:</b> 530-9am/10am-2pm/5-8pm <b>Exercise Room:</b> 12pm: HIIT w/Jess 3-5pm: Youth Fitness Hours 6pm: Spin w/Sham	<b>25 Fitness Room Hrs:</b> 530-9am/10am-2pm/5-7pm <b>Exercise Room:</b> 5:30am: Spin w/Sham 3-5pm: Youth Fitness Hours 6pm: Zumba w/Neecee 7PM: CLOSED
<b>CLOSED</b>	<b>29 Fitness Room Hrs:</b> 530-9am/10am-2pm/5-8pm <b>Exercise Room:</b> 12pm: TRX w/Elena 3-5pm: Youth Fitness Hours 5:15pm: Insanity 6pm: Spin w/Sham <b>Just Move It- BLUE HILLS</b> (Reg:6pm // Start: 7pm)	<b>30 Fitness Room Hrs:</b> 530-9am/10am-2pm/5-8pm <b>Exercise Room:</b> 5:30am: Spin w/Sham 3-5pm: Youth Fitness Hours 4-5pm: Youth Insanity 5:15pm: Kickboxing w/Sham 6pm: Yoga w/Jeannette 7pm: Spin w/Sam	<b>31 Fitness Room Hrs:</b> 530-9am/10am-2pm/5-8pm <b>Exercise Room:</b> 12pm: HIIT w/Jess 3-5pm: Youth Fitness Hours 6pm: Spin w/Sham	<b>May 19<sup>th</sup> 2018</b> <b>Hiking Series</b> <b>Lee's Ferry</b> <b>Spencer Trail</b> <b>@7am</b>

Any questions call: HPDP Center (928)-283-1420 [www.tchealth.org](http://www.tchealth.org)