



JULY



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2. Fitness Room Hrs: 530-9am/10am-2pm/5-8pm 3-5pm: Youth Fitness Hours</p> <p>Exercise Room: 530am: Spin w/Sham 4pm: Youth Insanity 5pm: Kickboxing w/Sham 6pm: Yoga w/Jeannette 7pm: Spin w/Sam</p>	<p>3. Fitness Room Hrs: 530-9am/10am-2pm 3-5pm: Youth Fitness Hours</p> <p>Exercise Room: 12pm: Spin w/SHAM Just Move It- Page (DST) (Reg: 630pm/Start: 730pm)</p>	<p>4.</p>  <p>HPDP CLOSED</p>	<p>5. Fitness Room Hrs: 530-9am/10a-2pm/5-8pm 3-5pm: Youth Fitness Hours</p> <p>Exercise Room: 12PM: TRXW/ELENA 5pm: Strength w/Frank 7pm: Spin w/Sam</p>	<p>6. Fitness Room Hrs: 530-9am/10am-2pm/5-7pm 3-5pm: Youth Fitness Hours</p> <p>Exercise Room: 530am: Spin w/Sham 5pm: Strength w/Frank 6pm: Zumba w/Neecee 7PM: CLOSED</p>
<p>9. Fitness Room Hrs: 530-9am/10am-2pm/5-8pm 3-5pm: Youth Fitness Hours</p> <p>Exercise Room: 530am: Spin w/Sham 4pm: Youth Insanity 5pm: Kickboxing w/Sham 6pm: Yoga w/Jeannette 7pm: Spin w/Sam</p>	<p>10. Fitness Room Hrs: 530-9am/10am-2pm 3-5pm: Youth Fitness Hours</p> <p>Exercise Room: 12pm: Spin w/SHAM Just Move It- Cedar Ridge (Reg: 6pm / Start: 7pm)</p>	<p>11. Fitness Room Hrs: 530-9am/10am-2pm/5-8pm 3-5pm: Youth Fitness Hours</p> <p>Exercise Room: 530am: Spin w/Sham 3-5pm: Take Charge ²:5-8yrs old 5pm: Kickboxing w/Sham 6pm: Yoga w/Jeannette 7pm: Spin w/Sam</p>	<p>12. Fitness Room Hrs: 530-9am/10a-2pm/5-8pm 3-5pm: Youth Fitness Hours</p> <p>Exercise Room: 12PM: HIIT w/Jess 3-5pm: TC²/Native Vision: 9-11yrs old 5pm: Strength w/Frank 7pm: Spin w/Sam</p>	<p>13. Fitness Room Hrs: 530-9am/10am-2pm/5-7pm 3-5pm: Youth Fitness Hours</p> <p>Exercise Room: 530am: Spin w/Sham 5pm: Strength w/Frank 6pm: Zumba w/Neecee 7PM: CLOSED</p>
<p>16. Fitness Room Hrs: 530-9am/10am-2pm/5-8pm 3-5pm: Youth Fitness Hours</p> <p>Exercise Room: 530am: Spin w/Sham 4pm: Youth Insanity 5pm: Kickboxing w/Sham 6-8pm: Spin w/Sam</p>	<p>17. Fitness Room Hrs: 530-9am/10am-2pm 3-5pm: Youth Fitness Hours</p> <p>Exercise Room: 12pm: Spin w/SHAM Just Move It- Cameron LCR (Reg: 6pm/Start:7pm)</p>	<p>18. Fitness Room Hrs: 530-9am/10am-2pm/5-8pm 3-5pm: Youth Fitness Hours</p> <p>Exercise Room: 530am: Spin w/Sham 3-5pm: Take Charge ²:5-8yrs old 5pm: Kickboxing w/Sham 6pm: Yoga w/Jeannette 7pm: Spin w/Sam</p>	<p>19. Fitness Room Hrs: 530-9am/10a-2pm/5-8pm 3-5pm: Youth Fitness Hours</p> <p>Exercise Room: 12pm: TRXW/ELENA 3-5pm: TC²/Native Vision: 9-11yrs old 7pm: Spin w/Sam</p>	<p>20. Fitness Room Hrs: 530-9am/10am-2pm/5-7pm 3-5pm: Youth Fitness Hours</p> <p>Exercise Room: 530am: Spin w/Sham 6pm: Zumba w/Neecee 7PM: CLOSED</p>
<p>23. Fitness Room Hrs: 530-9am/10am-2pm/5-8pm 3-5pm: Youth Fitness Hours</p> <p>Exercise Room: 530am: Spin w/Sham 4pm: Youth Insanity 5pm: Kickboxing w/Sham 6pm: Yoga w/Jeannette 7pm: Spin w/Sam</p>	<p>24. Fitness Room Hrs: 530-9am/10am-2pm 3-5pm: Youth Fitness Hours</p> <p>Exercise Room: 12pm: Spin w/SHAM Just Move It- Tuba City w/10k (Reg: 6pm / Start: 7pm)</p>	<p>25. Fitness Room Hrs: 530-9am/10am-2pm/5-8pm 3-5pm: Youth Fitness Hours</p> <p>Exercise Room: 530am: Spin w/Sham 3-5pm: Take Charge ²:5-8yrs old 5pm: Kickboxing w/Sham 6pm: Yoga w/Jeannette 7pm: Spin w/Sam</p>	<p>26. Fitness Room Hrs: 530-9am/10a-2pm/5-8pm 3-5pm: Youth Fitness Hours</p> <p>Exercise Room: 12PM: HIIT w/Jess 3-5pm: TC²/Native Vision: 9-11yrs old 7pm: Spin w/Sam</p>	<p>27. Fitness Room Hrs: 530-9am/10am-2pm/5-7pm 3-5pm: Youth Fitness Hours</p> <p>Exercise Room: 530am: Spin w/Sham 6pm: Zumba w/Neecee 7PM: CLOSED</p>
<p>30. Fitness Room Hrs: 530-9am/10am-2pm/5-8pm 3-5pm: Youth Fitness Hours</p> <p>Exercise Room: 530am: Spin w/Sham 4pm: Youth Insanity 5pm: Kickboxing w/Sham 6pm: Yoga w/Jeannette 7pm: Spin w/Sam</p>	<p>31. Fitness Room Hrs: 530-9am/10am-2pm/5-8pm 3-5pm: Youth Fitness Hours</p> <p>Exercise Room: 515pm: Insanity 12pm: Spin w/SHAM</p>	<p>HPDP will be CLOSED 5-8pm on all Just Move It events</p> <p>Tuba City Hiking Series: * NEW HIKE LOCATION: Picture Canyon, Flagstaff AZ-Tom Moody Trail Date: July 14th, 2018 Start Time: 730 am- DST Visit: http://tchealth.org/hpdp/hiking.html // Or HPDP Center for updates</p> <p>Any questions call HPDP Center (928)-283-1420 www.tchealth.org * ALL TIMES ARE DAYLIGHT SAVINGS TIME</p>		