



# JUNE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>*New Wednesdays:</b> 3:00pm-5:00pm <b>Take Charge<sup>2</sup> 5-8yrs old</b>  <b>*New Thursday:</b> 3:00pm-5:00pm <b>TC / Native Vision 9-11yrs old</b></p> <p><b>Tuba City Hiking Series: Betatakin National Monument</b>  <b>Date: Saturday, June 9<sup>th</sup> Start Time: 8am</b>  <b>Visit: <a href="http://tchealth.org/hpdp/hiking.html">http://tchealth.org/hpdp/hiking.html</a> // Or HPDP Center for updates</b></p> <p>Any questions call HPDP Center (928)-283-1420 <a href="http://www.tchealth.org">www.tchealth.org</a> * ALL TIMES ARE DAYLIGHT SAVINGS TIME</p>				<p><b>1. Fitness Room Hrs:</b> 530-9am/10am-2pm/5-7pm  <b>Exercise Room:</b> 5:30am: Spin w/Sham 3-5pm: Youth Fitness Hours 5pm: Strength w/Frank 6pm: Zumba w/Neecee  <b>7PM: CLOSED</b></p>
<p><b>4. Fitness Room Hrs:</b> 530-9am/10am-2pm/5-8pm 3-5pm: Youth Fitness Hours  <b>Exercise Room:</b> 5:30am: Spin w/Sham 4-5pm: Youth Insanity 5:15pm: Kickboxing w/Sham 6pm: Yoga w/Jeanette 7pm: Spin w/Sam</p>	<p><b>5. Fitness Room Hrs:</b> 530-9am/10am-2pm/5-8pm 3-5pm: Youth Fitness Hours  <b>Exercise Room:</b> 5:15pm: Insanity 6pm: Spin w/Sham  <b>Just Move It- Rare Metals</b> (Reg: 6pm // Start: 7pm)</p>	<p><b>6. Fitness Room Hrs:</b> 530-9am/10am-2pm/5-8pm 3-5pm: Youth Fitness Hours  <b>Exercise Room:</b> 5:30am: Spin w/Sham 3-5pm: Take Charge<sup>2</sup> :5-8yrs old 5:15pm: Kickboxing w/Sham 6pm: Yoga w/Jeanette 7pm: Spin w/Sam</p>	<p><b>7. Fitness Room Hrs:</b> 530-9am/10am-2pm/5-8pm 3-5pm: Youth Fitness Hours  <b>Exercise Room:</b> 12PM: TRXW/ELENA 3-5pm: TC<sup>2</sup>/Native Vision: 9-11yrs old 5pm: Strength w/Frank 6pm: Spin w/Sham</p>	
<p><b>11. Fitness Room Hrs:</b> 530-9am/10am-2pm/5-8pm 3-5pm: Youth Fitness Hours  <b>Exercise Room:</b> 5:30am: Spin w/Sham 5:15pm: Kickboxing w/Sham 4-5pm: Youth Insanity 6pm: Yoga w/Jeanette 7pm: Spin w/Sam</p>	<p><b>12. Fitness Room Hrs:</b> 530-9am/10am-2pm/5-8pm 3-5pm: Youth Fitness Hours  <b>Exercise Room:</b> 5:15pm: Insanity 6pm: Spin w/Sham  <b>Just Move It- Flagstaff- DST</b> (Reg: 630pm //Start: 730pm)</p>	<p><b>13. Fitness Room Hrs:</b> 530-9am/10am-2pm/5-8pm 3-5pm: Youth Fitness Hours  <b>Exercise Room:</b> 5:30am: Spin w/Sham 3-5pm: Take Charge<sup>2</sup> :5-8yrs old 5:15pm: Kickboxing w/Sham 6pm: Yoga w/Jeanette 7pm: Spin w/Sam</p>	<p><b>14. Fitness Room Hrs:</b> 530-9am/10am-2pm/5-8pm 3-5pm: Youth Fitness Hours  <b>Exercise Room:</b> 12pm: HIIT w/Jess 3-5pm: TC<sup>2</sup>/Native Vision: 9-11yrs old 5pm: Strength w/Frank 6pm: Spin w/Sham</p>	<p><b>15. Fitness Room Hrs:</b> 530-9am/10am-2pm/5-7pm 3-5pm: Youth Fitness Hours  <b>Exercise Room:</b> 5:30am: Spin w/Sham 5pm: Strength w/Frank 6pm: Zumba w/Neecee  <b>7PM: CLOSED</b></p>
<p><b>18. Fitness Room Hrs:</b> 530-9am/10am-2pm/5-8pm 3-5pm: Youth Fitness Hours  <b>Exercise Room:</b> 5:30am: Spin w/Sham 4-5pm: Youth Insanity 5:15pm: Kickboxing w/Sham 6pm: Yoga w/Jeanette 7pm: Spin w/Sam</p>	<p><b>19. Fitness Room Hrs:</b> 530-9am/10am-2pm/5-8pm 3-5pm: Youth Fitness Hours  <b>Exercise Room:</b> 5:15pm: Insanity 6pm: Spin w/Sham  <b>Just Move It- Coppermine Chapter</b> (Reg: 6pm // Start: 7pm)</p>	<p><b>20. Fitness Room Hrs:</b> 530-9am/10am-2pm/5-8pm 3-5pm: Youth Fitness Hours  <b>Exercise Room:</b> 5:30am: Spin w/Sham 3-5pm: Take Charge<sup>2</sup> :5-8yrs old 5:15pm: Kickboxing w/Sham 6pm: Yoga w/Jeanette 7pm: Spin w/Sam</p>	<p><b>21. Fitness Room Hrs:</b> 530-9am/10am-2pm/5-8pm 3-5pm: Youth Fitness Hours  <b>Exercise Room:</b> 12PM: TRXW/ELENA 3-5pm: TC<sup>2</sup>/Native Vision: 9-11yrs old 5pm: Strength w/Frank 6pm: Spin w/Sham</p>	<p><b>22. Fitness Room Hrs:</b> 530-9am/10am-2pm/5-7pm 3-5pm: Youth Fitness Hours  <b>Exercise Room:</b> 5:30am: Spin w/Sham 5pm: Strength w/Frank 6pm: Zumba w/Neecee  <b>7PM: CLOSED</b></p>
<p><b>25. Fitness Room Hrs:</b> 530-9am/10am-2pm/5-8pm 3-5pm: Youth Fitness Hours  <b>Exercise Room:</b> 5:30am: Spin w/Sham 4-5pm: Youth Insanity 5:15pm: Kickboxing w/Sham 6pm: Yoga w/Jeanette 7pm: Spin w/Sam</p>	<p><b>26. Fitness Room Hrs:</b> 530-9am/10am-2pm/5-8pm 3-5pm: Youth Fitness Hours  <b>Exercise Room:</b> 5:15pm: Insanity 6pm: Spin w/Sham  <b>Just Move It- Moenkopi w/ 10k</b> (Reg: 6pm // Start: 7pm)</p>	<p><b>27. Fitness Room Hrs:</b> 530-9am/10am-2pm/5-8pm 3-5pm: Youth Fitness Hours  <b>Exercise Room:</b> 5:30am: Spin w/Sham 3-5pm: Take Charge<sup>2</sup> :5-8yrs old 5:15pm: Kickboxing w/Sham 6pm: Yoga w/Jeanette 7pm: Spin w/Sam</p>	<p><b>28. Fitness Room Hrs:</b> 530-9am/10am-2pm/5-8pm 3-5pm: Youth Fitness Hours  <b>Exercise Room:</b> 12pm: HIIT w/Jess 3-5pm: TC<sup>2</sup>/Native Vision: 9-11yrs old 5pm: Strength w/Frank 6pm: Spin w/Sham</p>	<p><b>29. Fitness Room Hrs:</b> 530-9am/10am-2pm/5-7pm 3-5pm: Youth Fitness Hours  <b>Exercise Room:</b> 5:30am: Spin w/Sham 5pm: Strength w/Frank 6pm: Zumba w/Neecee  <b>7PM: CLOSED</b></p>