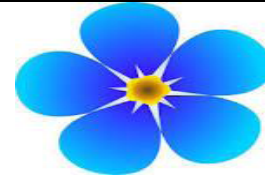


MAY



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1. <u>Fitness Room Hrs:</u> 530a-9a/10am-3pm/5-8pm <u>Exercise Room:</u> 12pm: DPP Fun RUN 3-5pm: Youth Open Gym 5:15p: Kickboxingw/Sham 6p: Yoga w/Jeanette 7P: Spinning W/SAM</p>	<p>2. <u>Fitness Room Hrs:</u> 530a-9a/10am-3pm <u>Exercise Room:</u> 5:30a: Functional fitness 12pm: Country Heat 3p-5p: Youth Open Gym 4pm-5p: Youth SPIN 5p: CLOSED for JMI event Just Move It – Kaibeto 6pm reg/ 7pm Start DST</p>	<p>3. <u>Fitness Room Hrs:</u> 530a-9a/10am-3pm/5-8pm <u>Exercise Room:</u> 12pm: Zumba-DVD 12pm: DPP Fun Run 3p-5p: Youth Open Gym 5:15p: Kickboxingw/Sham 6p: Yoga w/Jeanette 7P: Spinning w/Sam</p>	<p>4. <u>Fitness Room Hrs:</u> 530a-9a/10am-3pm/5-8pm <u>Exercise Room:</u> 5:30a: Functional fitness 12pm: Country Heat 3p-5p: Youth Open Gym 4pm-5p: Youth SPIN 5-6pm: Strength w/Frank 6pm: Spinning w/Sham 7pm: ZUMBA w/Amy</p>	<p>5. <u>Fitness Room Hrs:</u> 530a-9a/10:00am-3pm 5-7pm-Fridays <u>Exercise Room:</u> 3-5pm: Youth Open Gym 5:15pm: Insanity 6pm: Strength w/Frank</p>
<p>8. <u>Fitness Room Hrs:</u> 530a-9a/10am-3pm/5-8pm <u>Exercise Room:</u> 12pm: DPP Fun RUN 3-5pm: Youth Open Gym 5:15p: Kickboxingw/Sham 6p: Yoga w/Jeanette 7P: Spinning W/SAM</p>	<p>9. <u>Fitness Room Hrs:</u> 530a-9a/10am-3pm <u>Exercise Room:</u> 5:30a: Functional fitness 12pm: Country Heat 3p-5p: Youth Open Gym 4pm-5p: Youth SPIN 5p: CLOSED for JMI event Just Move It –LeChee 6pm reg/ 7pm Start DST</p>	<p>10. <u>Fitness Room Hrs:</u> 530a-9a/10am-3pm/5-8pm <u>Exercise Room:</u> 12pm: Zumba-DVD 12pm: DPP Fun Run 3p-5p: Youth Open Gym 5:15p: Kickboxingw/Sham 6p: Yoga w/Jeanette 7P: Spinning w/Sam</p>	<p>11. <u>Fitness Room Hrs:</u> 530a-9a/10am-3pm/5-8pm <u>Exercise Room:</u> 5:30a: Functional fitness 12pm: Country Heat 3p-5p: Youth Open Gym 4pm-5p: Youth SPIN 5-6pm: Strength w/Frank 6pm: Spinning w/Sham 7pm: ZUMBA w/Amy</p>	<p>12. <u>Fitness Room Hrs:</u> 530a-9a/10:00am-3pm 5-7pm-Fridays <u>Exercise Room:</u> 3-5pm: Youth Open Gym 5:15pm: Insanity 6pm: Strength w/Frank</p>
<p>15. <u>Fitness Room Hrs:</u> 530a-9a/10am-3pm/5-8pm <u>Exercise Room:</u> 12pm: DPP Fun RUN 3-5pm: Youth Open Gym 5:15p: Kickboxingw/Sham 6p: Yoga w/Jeanette 7P: Spinning W/SAM</p>	<p>16. <u>Fitness Room Hrs:</u> 530a-9a/10am-3pm/5-8 <u>Exercise Room:</u> 5:30a: Functional fitness 12pm: Country Heat 3p-5p: Youth Open Gym 4pm-5p: Youth SPIN 5:15pm: Insanity 6pm: Spinning- Sham 7pm: ZUMBA w/Amy</p>	<p>17. <u>Fitness Room Hrs:</u> 530a-9a/10am-3pm/5-8pm <u>Exercise Room:</u> 12pm: Zumba-DVD 12pm: DPP Fun Run 3p-5p: Youth Open Gym 5:15p: Kickboxing/Sham 6p: Yoga w/Jeanette 7P: Spinning w/Sam</p>	<p>18. <u>Fitness Room Hrs:</u> 530a-9a/10am-3pm <u>Exercise Room:</u> 5:30a: Functional fitness 12pm: Country Heat 3p-5p: Youth Open Gym 4pm-5p: Youth SPIN GYM CLOSED</p>	<p>19. <u>Fitness Room Hrs:</u> 530a-9a/10:00am-3pm 5-7pm-Fridays <u>Exercise Room:</u> 3-5pm: Youth Open Gym 5:15pm: Insanity 6pm: Strength w/Frank</p>
<p>22. <u>Fitness Room Hrs:</u> 530a-9a/10am-3pm/5-8pm <u>Exercise Room:</u> 12pm: DPP Fun RUN 3-5pm: Youth Open Gym 5:15p: Kickboxingw/Sham 6p: Yoga w/Jeanette 7P: Spinning W/SAM</p>	<p>23. <u>Fitness Room Hrs:</u> 530a-9a/10am-3p <u>Exercise Room:</u> 5:30a: Functional fitness 12pm: Country Heat 3p-5p: Youth Open Gym 4pm-5p: Youth SPIN 5p: CLOSED for JMI event Just Move It –Tonalea 6pm reg/ 7pm Start DST</p>	<p>24. <u>Fitness Room Hrs:</u> 530a-9a/10am-3pm/5-8pm <u>Exercise Room:</u> 12pm: Zumba-DVD 12pm: DPP Fun Run 3p-5p: Youth Open Gym 5:15p: Kickboxing w/Sham 6p: Yoga w/Jeanette 7P: Spinning w/Sam</p>	<p>25. <u>Fitness Room Hrs:</u> 530a-9a/10am-3pm <u>Exercise Room:</u> 5:30a: Functional fitness 12pm: Country Heat 3p-5p: Youth Open Gym 4pm-5p: Youth SPIN GYM CLOSED</p>	<p>26. <u>Fitness Room Hrs:</u> 530a-9a/10:00am-3pm 5-7pm-Fridays <u>Exercise Room:</u> 3-5pm: Youth Open Gym 5:15pm: Insanity 6pm: Strength w/Frank</p>
<p>29. HPDP CLOSED MEMORIAL DAY  MEMORIAL DAY</p>	<p>30. <u>Fitness Room Hrs:</u> 530a-9a/10am-3p <u>Exercise Room:</u> 5:30a: Functional fitness 12pm: Country Heat 3p-5p: Youth Open Gym 4pm-5p: Youth SPIN 5p: CLOSED for JMI event Just Move It –Blue Hills 6pm reg/ 7pm Start DST</p>	<p>31. <u>Fitness Room Hrs:</u> 530a-9a/10am-3pm/5-8pm <u>Exercise Room:</u> 12pm: Zumba-DVD 12pm: DPP Fun Run 3p-5p: Youth Open Gym 5:15p: Kickboxing w/Sham 6p: Yoga w/Jeanette 7P: Spinning w/Sam</p>	<p>Health Promotion Diabetes Prevention Center HPDP will be <u>CLOSED</u> in the evenings after 5p, on all JMI events. May 18th : 5-8 pm CLOSED– Spark Activity night May 25th : 5-8pm CLOSED– Spark Activity night</p>	