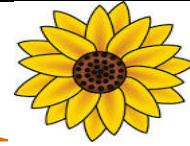


NOVEMBER



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>11/12 Group Run 2 : Hills, Moenkopi - HPDP 11/15 GFC Presentation • 6pm-7pm: Nutrition, TCRHCC Leadership Room - Alvina Begay NEW GYM HOURS 5- 9am/10-3pm/5-8PM Mon-Thurs/Close @7pm Friday Fitness classes begin @5:30 am Circuit/Weights/BOSU/TRX</p>		<p>1. Fitness Room Hrs: 500a-9a/10am-3p/5-8pm Exercise Room: 5:30am: SPIN w/SHAM 12pm: BOSU w/Kim 3p-5p: Youth Open Gym 4p-5p: Youth fitness Class 5:15pm:Kickboxingw/Sham 6p: Yoga w/Jeanette 7P: Spinning w/Sam</p>	<p>2. Fitness Room Hrs: 500a-9a/10am-3p/5-8P Exercise Room: 5:30am:TRX w/Elena 12pm: Weights w/Jess 3p-5p: Youth Open Gym 5-6pm: Strength w/Frank 6pm: Spinning w/Sham 7pm: Zumba w/Amy</p>	<p>3. Fitness Room Hrs: 500a-9a/10:00am-3pm 5-7pm-Fridays Exercise Room: 5:30am: SPIN w/SHAM 3-5pm: Youth Open Gym 5:15pm: Insanity 6pm: Strength w/Frank</p>
<p>6. Fitness Room Hrs: 500a-9a/10am-3p/5-8pm Exercise Room: 5:30am: SPIN w/SHAM 12pm: 3-5pm: Youth Open Gym 4p-5p:YouthfitnessClass 5:15p: Kickboxingw/Sham 6p: Yoga w/Jeanette 7P: Spinning W/Sam</p>	<p>7. Fitness Room Hrs: 500a-9a/10am-3p/5-8p Exercise Room: 5:30am: Low Impact w/Kim 12pm: HIIT Circuit w/Kim 3p-5p: Youth Open Gym 5-6pm: 6pm: Spinning w/Sham 7pm: Zumba w/Amy</p>	<p>8. Fitness Room Hrs: 500a-9a/10am-3p/5-8pm Exercise Room: 5:30am: SPIN w/SHAM 12pm: BOSU w/Kim 3p-5p: Youth Open Gym 4p-5p: Youth fitness Class 5:15pm:Kickboxingw/Sham 6p: Yoga w/Jeanette 7P: Spinning w/Sam</p>	<p>9. Fitness Room Hrs: 500a-9a/10am-3p/5-8P Exercise Room: 5:30am: 12pm: 3p-5p: Youth Open Gym 5-6pm: Strength w/Frank 6pm: Spinning w/Sham 7pm: Zumba w/Amy</p>	
<p>13. Fitness Room Hrs: 500a-9a/10am-3p/5-8pm Exercise Room: 5:30am: SPIN w/SHAM 12pm: TRX w/Elena 3-5pm: Youth Open Gym 4p-5p:YouthfitnessClass 5:15p: Kickboxingw/Sham 6p: Yoga w/Jeanette 7P: Spinning W/Sam</p>	<p>14. Fitness Room Hrs: 500a-9a/10am-3p/5-8p Exercise Room: 5:30am ; BOSU w/Kim 12pm: TRX w/Elena 3p-5p: Youth Open Gym 5-6pm: 6pm: Spinning w/Sham 7pm: Zumba w/Amy</p>	<p>15. Fitness Room Hrs: 500a-9a/10am-3p/5-8pm Exercise Room: 5:30am: SPIN w/SHAM 12pm: BOSU w/Kim 3p-5p: Youth Open Gym 4p-5p: Youth fitness Class 5:15pm:Kickboxingw/Sham 6p: Yoga w/Jeanette 7P: Spinning w/Sam</p>	<p>16. Fitness Room Hrs: 500a-9a/10am-3p/5-8P Exercise Room: 5:30am:Circuit w/jess 12pm: Weights w/Jess 3p-5p: Youth Open Gym 5-6pm: 6pm: Spinning w/Sham 7pm: Zumba w/Amy</p>	<p>17. Fitness Room Hrs: 500a-9a/10:00am-3pm 5-7pm-Fridays Exercise Room: 5:30am: SPIN w/SHAM 3-5pm: Youth Open Gym 5:15pm: Insanity 6pm: Strength w/Frank</p>
<p>20. Fitness Room Hrs: 500a-9a/10am-3p/5-8pm Exercise Room: 5:30am: SPIN w/SHAM 12pm: TRX w/Elena 3-5pm: Youth Open Gym 4p-5p:YouthfitnessClass 5:15p: Kickboxingw/Sham 6p: Yoga w/Jeanette 7P: Spinning W/Sam</p>	<p>21. Fitness Room Hrs: 500a-9a/10am-3p/5-8p Exercise Room: 5:30am:BOSU w/Jess 12pm: TRX w/Elena 3p-5p: Youth Open Gym 5-6pm: Weights w/Jess 6pm: Spinning w/Sham 7pm: Zumba w/Amy</p>	<p>22. Fitness Room Hrs: 500a-9a/10am-3p/5-8pm Exercise Room: 5:30am: SPIN w/SHAM 12pm: BOSU w/Kim 3p-5p: Youth Open Gym 4p-5p: Youth fitness Class 5:15pm:Kickboxingw/Sham 6p: NO YOGA 7P: Spinning w/Sam</p>		<p>24. Fitness Room Hrs: 500a-9a/10:00am-3pm 5-7pm-Fridays Exercise Room: 5:30am: SPIN w/SHAM 3-5pm: Youth Open Gym 5:15pm: Insanity 6pm: Strength w/Frank</p>
<p>27. Fitness Room Hrs: 500a-9a/10am-3p/5-8pm Exercise Room: 5:30am: SPIN w/SHAM 12pm: TRX w/Elena 3-5pm: Youth Open Gym 4p-5p:YouthfitnessClass 5:15p:Kickboxingw/Sham 6p: Yoga w/Jeanette 7P: Spinning W/Sam</p>	<p>28 Fitness Room Hrs: 500a-9a/10am-3p/5-8p Exercise Room: 5:30am TRX W/Elena 12pm: TRX w/Elena 3p-5p: Youth Open Gym 5-6pm: Weights w/Jess 6pm: Spinning w/Sham 7pm: Zumba w/Amy</p>	<p>29. Fitness Room Hrs: 500a-9a/10am-3p/5-8pm Exercise Room: 5:30am: SPIN w/SHAM 12pm: BOSU w/Kim 3p-5p: Youth Open Gym 4p-5p: Youth fitness Class 5:15pm:Kickboxingw/Sham 6p: Yoga w/Jeanette 7P: Spinning w/Sam</p>	<p>30. Fitness Room Hrs: 500a-9a/10am-3p/5-8P Exercise Room: 5:30am: Circuit w/jess 12pm: Weights w/Jess 3p-5p: Youth Open Gym 5-6pm: Strength w/Frank 6pm: Spinning w/Sham 7pm: Zumba w/Amy</p>	