



Monday	Tuesday	Wednesday	Thursday	Friday
<p>2. <b>Fitness Room Hours:</b> 530a-9a/10am-3p/5-8pm <b>Exercise Room:</b> 5:35am: SPIN w/SHAM 12pm: TRX w/Elena 3-5pm: Youth Open Gym 4p-5p: Youth Fitness Class 5:15p: Kickboxing w/Sham 6p: Yoga w/Jeanette 7P: Spinning W/Sam</p>	<p>3. <b>Fitness Room Hours:</b> 530a-9a/10am-3p/5-8pm <b>Exercise Room:</b> 5:45am: 12pm: 3p-5p: Youth Open Gym 5-6pm: 6pm: Spinning w/Sham 7pm: Zumba w/Amy</p>	<p>4. <b>Fitness Room Hours:</b> 530a-9a/10am-3p/5-8pm <b>Exercise Room:</b> 5:35am: SPIN w/SHAM 12pm: BOSU w/Kim 3p-5p: Youth Open Gym 4p-5p: Youth Fitness Class 5:15pm: Kickboxing w/Sham 6p: Yoga w/Jeanette 7P: Spinning w/Sam</p>	<p>5. <b>Fitness Room Hours:</b> 530a-9a/10am-3p/5-8P <b>Exercise Room:</b> 5:45am: 12pm: Weights w/Jess 3p-5p: Youth Open Gym 5-6pm: Strength w/Frank 6pm: Spinning w/Sham 7pm: Zumba w/Amy</p>	<p>6. <b>Fitness Room Hours:</b> 530a-9a/10:00am-3pm 5-7pm-Fridays <b>Exercise Room:</b> 5:35am: SPIN w/SHAM 3-5pm: Youth Open Gym 5:15pm: Insanity 6pm: Strength w/Frank</p>
<p>9.  <b>HOLIDAY HPDP CLOSED</b></p>	<p>10. <b>Fitness Room Hours:</b> 530a-9a/10am-3p/5-8pm <b>Exercise Room:</b> 5:45am 12pm: TRX w/Elena 3p-5p: Youth Open Gym 5-6pm: Weights w/Jess 6pm: Spinning w/Sham 7pm: Zumba w/Amy</p>	<p>11. <b>Fitness Room Hours:</b> 530a-9a/10am-3p/5-8pm <b>Exercise Room:</b> 5:35am: SPIN w/SHAM 12pm: BOSU w/Kim 3p-5p: Youth Open Gym 4p-5p: Youth Fitness Class 5:15pm: Kickboxing w/Sham 6p: Yoga w/Jeanette 7P: Spinning w/Sam</p>	<p>12. <b>Fitness Room Hours:</b> 530a-9a/10am-3p/5-8P <b>Exercise Room:</b> 5:45am: 12pm: Weights w/Jess 3p-5p: Youth Open Gym 5-6pm: Strength w/Frank 6pm: Spinning w/Sham 7pm: Zumba w/Amy</p>	<p>13. <b>Fitness Room Hours:</b> 530a-9a/10:00am-3pm 5-7pm-Fridays <b>Exercise Room:</b> 5:35am: SPIN w/SHAM 3-5pm: Youth Open Gym 5:15pm: Insanity 6pm: Strength w/Frank</p>
<p>16. <b>Fitness Room Hours:</b> 530a-9a/10am-3p/5-8pm <b>Exercise Room:</b> 5:35am: SPIN w/SHAM 12pm: TRX w/Elena 3-5pm: Youth Open Gym 4p-5p: Youth Fitness Class 5:15p: Kickboxing w/Sham 6p: Yoga w/Jeanette 7P: Spinning W/Sam</p>	<p>17. <b>Fitness Room Hours:</b> 530a-9a/10am-3p/5-8pm <b>Exercise Room:</b> 5:45am 12pm: TRX w/Elena 3p-5p: Youth Open Gym 5-6pm: Weights W/Jess 6pm: Spinning w/Sham 7pm: Zumba w/Amy</p>	<p>18. <b>Fitness Room Hours:</b> 530a-9a/10am-3p/5-8pm <b>Exercise Room:</b> 5:35am: SPIN w/SHAM 12pm: BOSU w/Kim 3p-5p: Youth Open Gym 4p-5p: Youth Fitness Class 5:15pm: Kickboxing w/Sham 6p: No Yoga 7P: Spinning w/Sam</p>	<p>19. <b>Fitness Room Hours:</b> 530a-9a/10am-3p/5-8P <b>Exercise Room:</b> 5:45am: 12pm: Weights w/Jess 3p-5p: Youth Open Gym 5-6pm: Strength w/Frank 6pm: Spinning w/Sham 7pm: Open</p>	<p>20. <b>Fitness Room Hours:</b> 530a-9a/10:00am-3pm 5-7pm-Fridays <b>Exercise Room:</b> 5:35am: SPIN w/SHAM 3-5pm: Youth Open Gym 5:15pm: Insanity 6pm: Strength w/Frank</p>
<p>23. <b>Fitness Room Hours:</b> 530a-9a/10am-3p/5-8pm <b>Exercise Room:</b> 5:35am: SPIN w/SHAM 12pm: TRX w/Elena 3-5pm: Youth Open Gym 4p-5p: Youth Fitness Class 5:15p: Kickboxing w/Sham 6p: GFC Presentation 7P: Spinning W/Sam</p>	<p>24. <b>Fitness Room Hours:</b> 530a-9a/10am-3p/5-8pm <b>Exercise Room:</b> 5:45am 12pm: TRX w/Elena 3p-5p: Youth Open Gym 5-6pm: Weights W/Jess 6p: GFC Presentation 7pm: Zumba w/Amy</p>	<p>25. <b>Fitness Room Hours:</b> 530a-9a/10am-3p/5-8pm <b>Exercise Room:</b> 5:35am: SPIN w/SHAM 12pm: BOSU w/Kim 3p-5p: Youth Open Gym 4p-5p: Youth Fitness Class 5:15pm: Kickboxing w/Sham 6p: Yoga w/Jeanette 7P: Spinning w/Sam</p>	<p>26. <b>Fitness Room Hours:</b> 530a-9a/10am-3p/5-8P <b>Exercise Room:</b> 5:45am: 12pm: Weights w/Jess 3p-5p: Youth Open Gym 5-6pm: Open 6pm: Spinning w/Sham 7pm: Zumba w/Amy</p>	<p>27. <b>Fitness Room Hours:</b> 530a-9a/10:00am-3pm 5-7pm-Fridays <b>Exercise Room:</b> 5:35am: SPIN w/SHAM 3-5pm: Youth Open Gym 5:15pm: Insanity 6pm: Open</p>
<p>30. <b>Fitness Room Hours:</b> 530a-9a/10am-3p/5-8pm <b>Exercise Room:</b> 5:35am: SPIN w/SHAM 12pm: TRX w/Elena 3-5pm: Youth Open Gym 4p-5p: Youth Fitness Class 5:15p: Kickboxing w/Sham 6p: Yoga w/Jeanette 7P: Spinning W/Sam</p>	<p>31. <b>Fitness Room Hours:</b> 530a-9a/10am-3p/5-8pm <b>Exercise Room:</b> 5:45am 12pm: TRX w/Elena 3p-5p: Youth Open Gym 5-6pm: 6pm: Spinning w/Sham 7pm: Open</p>	<p>10/22: Get Fit Challenge- Group Run 7am @HPDP 10/23: GFC Presentation - 6-7pm Injury Prevention W/Katherine Bannon</p> <p>Any questions call : HPDP Center (928)-283-1420 <a href="http://www.tchealth.org">www.tchealth.org</a></p>		