

HEALTH PROMOTION & DISEASE PREVENTION

DECEMBER



FITNESS CENTER

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



**HOURS: M-Th, 5AM - 8PM
F, 5AM - 7PM**
PHONE: (928) 283-1420

1 Wellness Center
Adult Fitness 5a-9a
Senior Fitness 9a-10a
Adult Fitness 10a-2p
Youth Fitness 3p-5p
Adult Fitness 5p-8p

2 Wellness Center
Closed 5a-6a
Orientation 6a-7a
Adult Fitness 7a-9p
Senior Fitness 9a-10a
Adult Fitness 10a-1p
Orientation 1p-2p
Orientation 530p-630p

5 Group Fitness
Spin w/ Sham 530a-630a
Wellness Center
Adult Fitness 5a-9a
Senior Fitness 9a-10a
Adult Fitness 10a-2p
Youth Fitness 3p-5p
Adult Fitness 5p-8p

6 Wellness Center
Adult Fitness 5a-9a
Senior Fitness 9a-10a
Adult Fitness 10a-2p
Youth Fitness 3p-5p
Adult Fitness 5p-8p

7 Group Fitness
Spin w/ Sham 530a-630a
Wellness Center
Adult Fitness 5a-9a
Senior Fitness 9a-10a
Adult Fitness 10a-2p
Youth Fitness 3p-5p
Adult Fitness 5p-8p

8 Wellness Center
Adult Fitness 5a-9a
Senior Fitness 9a-10a
Adult Fitness 10a-2p
Youth Fitness 3p-5p
Adult Fitness 5p-8p

9 Group Fitness
Spin w/ Sham 530a-630a
Wellness Center
Adult Fitness 5a-9a
Senior Fitness 9a-10a
Adult Fitness 10a-2p
Youth Fitness 3p-5p
Adult Fitness 5p-8p

12 Group Fitness
Spin w/ Sham 530a-630a
FSE W/ Brittany 11a-12p
Wellness Center
Adult Fitness 5a-9a
Senior Fitness 9a-10a
Adult Fitness 10a-2p
Youth Fitness 3p-5p
Adult Fitness 5p-8p

13 Group Fitness
FSE (YOUTH) w/
Brittany 3:30a-4:30p
Wellness Center
Adult Fitness 5a-9a
Senior Fitness 9a-10a
Adult Fitness 10a-2p
Youth Fitness 3p-5p
Adult Fitness 5p-8p

14 Group Fitness
Spin w/ Sham 530a-630a
FSE W/ Brittany 11a-12p
Wellness Center
Adult Fitness 5a-9a
Senior Fitness 9a-10a
Adult Fitness 10a-2p
Youth Fitness 3p-5p
Adult Fitness 5p-8p

15 Group Fitness
FSE (YOUTH) w/
Brittany 3:30a-4:30p
Wellness Center
Adult Fitness 5a-9a
Senior Fitness 9a-10a
Adult Fitness 10a-2p
Orientation 2p-3p
Youth Fitness 3p-5p
Adult Fitness 5p-8p

16 Group Fitness
Spin w/ Sham 530a-630a
FSE W/ Brittany 11a-12p
Wellness Center
Adult Fitness 5a-9a
Senior Fitness 9a-10a
Adult Fitness 10a-2p
Youth Fitness 3p-5p
Adult Fitness 5p-8p

19 Group Fitness
Spin w/ Sham 530a-630a
FSE W/ Brittany 11a-12p
Wellness Center
Adult Fitness 5a-9a
Senior Fitness 9a-10a
Adult Fitness 10a-2p
Youth Fitness 3p-5p
Adult Fitness 5p-8p

20 Group Fitness
FSE (YOUTH) w/
Brittany 3:30a-4:30p
Wellness Center
Adult Fitness 5a-9a
Senior Fitness 9a-10a
Adult Fitness 10a-2p
Youth Fitness 3p-5p
Adult Fitness 5p-8p

21 Group Fitness
Spin w/ Sham 530a-630a
FSE W/ Brittany 11a-12p
Wellness Center
Adult Fitness 5a-9a
Senior Fitness 9a-10a
Adult Fitness 10a-2p
Youth Fitness 3p-5p
Adult Fitness 5p-8p

22 Group Fitness
FSE (YOUTH) w/
Brittany 3:30a-4:30p
Wellness Center
Adult Fitness 5a-9a
Senior Fitness 9a-10a
Adult Fitness 10a-2p
Youth Fitness 3p-5p
Adult Fitness 5p-8

23 Group Fitness
Spin w/ Sham 530a-630a
FSE W/ Brittany 11a-12p
Wellness Center
Adult Fitness 5a-9a
Senior Fitness 9a-10a
Adult Fitness 10a-2p
Youth Fitness 3p-5p
CLOSED AT 3PM

26
CLOSED for Christmas

27 Group Fitness
FSE (YOUTH) w/
Brittany 3:30a-4:30p
Wellness Center
Adult Fitness 5a-9a
Senior Fitness 9a-10a
Adult Fitness 10a-2p
Youth Fitness 3p-5p
Adult Fitness 5p-8p

28 Group Fitness
Spin w/ Sham 530a-630a
FSE W/ Brittany 11a-12p
Wellness Center
Adult Fitness 5a-9a
Senior Fitness 9a-10a
Adult Fitness 10a-2p
Youth Fitness 3p-5p
Adult Fitness 5p-8p

29 Group Fitness
FSE (YOUTH) w/
Brittany 3:30a-4:30p
Wellness Center
Adult Fitness 5a-9a
Senior Fitness 9a-10a
Adult Fitness 10a-2p
Orientation 2p-3p
Youth Fitness 3p-5p
Adult Fitness 5p-8

30 Group Fitness
Spin w/ Sham 530a-630a
FSE W/ Brittany 11a-12p
Wellness Center
Adult Fitness 5a-9a
Senior Fitness 9a-10a
Adult Fitness 10a-2p
Youth Fitness 3p-5p
Adult Fitness 5p-8p

PLEASE REVIEW OUR UPDATED GUIDELINES

MEMBERS MUST:

- BE FULLY VACCINATED. PROVIDE PROOF OF VACCINATION UPON 1ST VISIT
- WEAR N95/KN95/KF94 (PREFERRED) OR SURGICAL MASK (ACCEPTABLE)
 - FANDANAS OR CLOTH MASKS NOT ALLOWED

NEW GROUP CLASS AVAILABLE!! Starting 12/12

- **Functional Strength Exercise w/ Brittany**
- **Adult/Seniors MWF 11a-12pm**
- **Youth T/TH 3:30-4:30pm**

NOT A MEMBER? SCHEDULE A GYM ORIENTATION TO GAIN MEMBERSHIP.

*****SCHEDULE SUBJECT TO CHANGE*****

SCAN CODE TO RESERVE A SPOT > ORIENTATION > WORKOUT SESSIONS >

UPDATE:

- Adult Fitness members may work out for 1 hour, 5x a week WITH PROOF OF OMICRON BOOSTER. (POST 2 WEEKS)

