

HEALTH PROMOTION & DISEASE PREVENTION

JANUARY



FITNESS CENTER

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
CLOSED FOR NEW YEARS	<u>Group Fitness</u> FSE (YOUTH) w/ Brit 3:30-4:30	<u>Group Fitness</u> Spin w/ Sham 530a-630a FSE w/ Brit 11a - 12p	<u>Group Fitness</u> FSE (YOUTH) w/ Brit 3:30-4:30	<u>Orientation</u> - 6a-7a - 1p-2p - 530p-630p
	<u>Fitness Center</u> Adult Fitness 5a-9a Senior Fitness 9a-10a Adult Fitness 10a-2p Youth Fitness 3p-5p Adult Fitness 5-8p	<u>Fitness Center</u> Adult Fitness 5a-9a Senior Fitness 9a-10a Adult Fitness 10a-2p Youth Fitness 3p-5p Adult Fitness 5-8p	<u>Fitness Center</u> Adult Fitness 5a-9a Senior Fitness 9a-10a Adult Fitness 10a-2p Youth Fitness 3p-5p Adult Fitness 5-8p	<u>Fitness Center</u> Adult Fitness 5a-9a Senior Fitness 9a-10a Adult Fitness 10a-2p Youth Fitness 3p-5p Adult Fitness 5-8p
9	10	11	12	13
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16	17	18	19	20
CLOSED FOR MLK DAY	<u>Group Fitness</u> FSE (YOUTH) w/ Brit 3:30-4:30	<u>Group Fitness</u> Spin w/ Sham 530a-630a FSE w/ Brit 11a - 12p	<u>Group Fitness</u> FSE (YOUTH) w/ Brit 3:30-4:30 <u>Orientation 2p-3p</u>	<u>Group Fitness</u> Spin w/ Sham 530a-630a
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23	24	25	26	27
<u>Group Fitness</u> Spin w/ Sham 530a-630a FSE w/ Brit 11a - 12p	<u>Group Fitness</u> FSE (YOUTH) w/ Brit 3:30-4:30	<u>Group Fitness</u> Spin w/ Sham 530a-630a FSE w/ Brit 11a - 12p	<u>Group Fitness</u> FSE (YOUTH) w/ Brit 3:30-4:30 <u>Orientation 2p-3p</u>	<u>Group Fitness</u> Spin w/ Sham 530a-630a
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30	31	<p>FITNESS CENTER</p>		
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January Guidelines

Senior Membership: 5 visits per week

Adult Membership: 3 visits per week

Adult Membership w/ Omicron Booster (2 weeks post): 5 visits per week

Youth Membership: 5 visits per week

Visits are limited to 1 hour!!!

Visits must be completed within the hour!!!

SHIRTS + TOWELS NOW AVAILABLE!!!

FREE TO ALL GYM MEMBERS!! SEE HPDP FRONT DESK



Health Promotion



Disease Prevention

LIMITED SUPPLY!!!!!!

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

GROUP CLASSES AVAILABLE!!

- Functional Strength Exercise w/ Brittany
 - Adult/Seniors MW 11a-12pm
 - Youth T/TH 3:30-4:30pm
- Spin w/ Sham
 - MWF 530a-630a

UPDATE:

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

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

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

SCAN CODE TO RESERVE A SPOT FOR:

- **ORIENTATION**
- **WORKOUT SESSIONS**

