

# HEALTH PROMOTION & DISEASE PREVENTION

# MARCH

# FITNESS



# CENTER

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>HOURS: M-Th, 5AM – 8PM</b>  <b>F, 5AM – 7PM</b></p> <p><b>PHONE: (928) 283-1420</b></p> <p>MORE INFO ON BACK PAGE</p>		1	2	3
		<p><u>Group Fitness</u>                      Spin w/ Sham 530a-630a                      FSE w/ Brit 9a – 10a</p> <p><u>Fitness Center</u>                      Adult Fitness 5a-9a                      Senior Fitness 9a-10a                      Adult Fitness 10a-2p                      Youth Fitness 3p-5p                      Adult Fitness 5-8p</p>	<p><u>Group Fitness</u>                      FSE (YOUTH) w/ Brit 3:30-4:30</p> <p><u>Fitness Center</u>                      Adult Fitness 5a-9a                      Senior Fitness 9a-10a                      Adult Fitness 10a-2p                      Youth Fitness 3p-5p                      Adult Fitness 5-8p</p>	<p><u>Orientation</u>                      - 6a-7a                      - 1p-2p                      - 530p-630p</p> <p><u>Fitness Center</u>  <b>Closed 5a-6a</b>                      Adult Fitness 7a-9a                      Senior Fitness 9a-10a                      Adult Fitness 10a-1pm  <b>Closed 1p-3p / 5pm-8pm</b>                      Youth Fitness 3-5pm</p>
6	7	8	9	10
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27	28	29	30	31
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# March 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 STILL AVAILABLE!!!**



**VISITS THE FITNESS CENTER 10x THIS MONTH  
TO GET A FREE WATER BOTTLE**

## PLEASE REVIEW OUR UPDATED GUIDELINES

MEMBERS MUST:

- BE FULLY VACCINATED. PROVIDE PROOF OF VACCINATION UPON 1<sup>ST</sup> 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 - M/W 9a-10a
  - Youth - T/TH 3:30-4:30pm
- Spin w/ Sham
  - MWF 530a-630a

UPDATE:

- CAPACITY INCREASED TO 25

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

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

**SCAN CODE TO RESERVE A SPOT FOR:**

- ORIENTATION
- WORKOUT SESSIONS

NEW QR Code



ALT QR Code

