

# May

## HPDP Fitness Center

### PLEASE REVIEW UPDATED GUIDELINES

- ❖ Members must be fully vaccinated.
- ❖ Please provide proof of Vaccination upon 1<sup>st</sup> visit.
- ❖ Each member will be screened with COVID-19 Questions upon arrival.
- ❖ Each member will be allowed 3 – 1 hour workout sessions per week (M-F)
- ❖ Each member must have completed gym orientation.
- ❖ HPDP Fitness Center will be limited to 18 members at a time.
- ❖ KN95/KF94/N95 preferred, or surgical mask. Fandana's not permitted.
- ❖ Fitness Classes will not be offered at this time.
- ❖ Please call 928-283-1420 or scan QR code to schedule Gym Orientation.

Scan to book:  
Workouts/Orientation



Link to book workout sessions:

<https://outlook.office365.com/owa/calendar/FitnessCenter@thealth.onmicrosoft.com/bookings/>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>2 Fitness Center Hours</b>            Adult Fitness: 5am-8am            Senior Fitness: 9am-10am            Adult Fitness: 10am-2pm            Youth Open Gym: 3pm-5pm            Adult Fitness: 500pm-800pm</p>	<p><b>3 Fitness Center Hours</b>            Adult Fitness: 5am-8am            Senior Fitness: 9am-10am            Adult Fitness: 10am-2pm            Youth Open Gym: 3pm-5pm            Adult Fitness: 500pm-800pm</p>	<p><b>4 Fitness Center Hours</b>            Adult Fitness: 5am-8am            Senior Fitness: 9am-10am            Adult Fitness: 10am-2pm            Youth Open Gym: 3pm-5pm            Adult Fitness: 500pm-800pm</p>	<p><b>5 Fitness Center Hours</b>            Adult Fitness: 5am-8am            Senior Fitness: 9am-10am            Adult Fitness: 10am-2pm            Youth Open Gym: 3pm-5pm            Adult Fitness: 500pm-800pm</p>	<p><b>6 Fitness Center Hours</b>            Adult Fitness: 5am-8am   <b><u>CLOSED for Gym Orientation</u></b></p>
<p><b>9 Fitness Center Hours</b>            Adult Fitness: 5am-8am            Senior Fitness: 9am-10am            Adult Fitness: 10am-2pm            Youth Open Gym: 3pm-5pm            Adult Fitness: 500pm-800pm</p>	<p><b>10 Fitness Center Hours</b>            Adult Fitness: 5am-8am            Senior Fitness: 9am-10am            Adult Fitness: 10am-2pm            Youth Open Gym: 3pm-5pm            Adult Fitness: 500pm-800pm</p>	<p><b>11 Fitness Center Hours</b>            Adult Fitness: 5am-8am            Senior Fitness: 9am-10am            Adult Fitness: 10am-2pm            Youth Open Gym: 3pm-5pm            Adult Fitness: 500pm-800pm</p>	<p><b>12 Fitness Center Hours</b>            Adult Fitness: 5am-8am            Senior Fitness: 9am-10am            Adult Fitness: 10am-2pm            Youth Open Gym: 3pm-5pm            Adult Fitness: 500pm-800pm</p>	<p><b>13 Fitness Center Hours</b>            Adult Fitness: 5am-8am            Senior Fitness: 9am-10am            Adult Fitness: 10am-2pm            Youth Open Gym: 3pm-5pm            Adult Fitness: 500pm-700pm</p>
<p><b>16 Fitness Center Hours</b>            Adult Fitness: 5am-8am            Senior Fitness: 9am-10am            Adult Fitness: 10am-2pm            Youth Open Gym: 3pm-5pm            Adult Fitness: 500pm-800pm</p>	<p><b>17 Fitness Center Hours</b>            Adult Fitness: 5am-8am            Senior Fitness: 9am-10am            Adult Fitness: 10am-2pm            Youth Open Gym: 3pm-5pm            Adult Fitness: 500pm-800pm</p>	<p><b>18 Fitness Center Hours</b>            Adult Fitness: 5am-8am            Senior Fitness: 9am-10am            Adult Fitness: 10am-2pm            Youth Open Gym: 3pm-5pm            Adult Fitness: 500pm-800pm</p>	<p><b>19 Fitness Center Hours</b>            Adult Fitness: 5am-8am            Senior Fitness: 9am-10am            Adult Fitness: 10am-2pm            Youth Open Gym: 3pm-5pm            Adult Fitness: 500pm-800pm</p>	<p><b>20 Fitness Center Hours</b>            Adult Fitness: 5am-8am            Senior Fitness: 9am-10am            Adult Fitness: 10am-2pm            Youth Open Gym: 3pm-5pm            Adult Fitness: 500pm-700pm</p>
<p><b>23 Fitness Center Hours</b>            Adult Fitness: 5am-8am            Senior Fitness: 9am-10am            Adult Fitness: 10am-2pm            Youth Open Gym: 3pm-5pm            Adult Fitness: 500pm-800pm</p>	<p><b>24 Fitness Center Hours</b>            Adult Fitness: 5am-8am            Senior Fitness: 9am-10am            Adult Fitness: 10am-2pm            Youth Open Gym: 3pm-5pm            Adult Fitness: 500pm-800pm</p>	<p><b>25 Fitness Center Hours</b>            Adult Fitness: 5am-8am            Senior Fitness: 9am-10am            Adult Fitness: 10am-2pm            Youth Open Gym: 3pm-5pm            Adult Fitness: 500pm-800pm</p>	<p><b>26 Fitness Center Hours</b>            Adult Fitness: 5am-8am            Senior Fitness: 9am-10am            Adult Fitness: 10am-2pm            Youth Open Gym: 3pm-5pm            Adult Fitness: 500pm-800pm</p>	<p><b>27 Fitness Center Hours</b>            Adult Fitness: 5am-8am            Senior Fitness: 9am-10am            Adult Fitness: 10am-2pm            Youth Open Gym: 3pm-5pm            Adult Fitness: 500pm-700pm</p>
<p><b>30 Fitness Center Hours</b>   <b><u>CLOSED HOLIDAY</u></b></p>	<p><b>31 Fitness Center Hours</b>            Adult Fitness: 5am-8am            Senior Fitness: 9am-10am            Adult Fitness: 10am-2pm            Youth Open Gym: 3pm-5pm            Adult Fitness: 500pm-800pm</p>	<p>Please call our office at 928-283-1420 if you may have any questions</p>		

\*schedule subject to change\*