

HEALTH PROMOTION DISEASE PREVENTION

MAY





FITNESS CENTER

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Group Fitness Spin w/ Sham 530a-630a FSE w/ Brit 9a – 10a	Group Fitness	Group Fitness Spin w/ Sham 530a-630a FSE w/ Brit 9a – 10a	Group Fitness	Orientation: 6:00AM 12:00PM 5:30PM
Fitness Center Adult Fitness 5a-9a Senior Fitness 9a-10a Adult Fitness 10a-2p Youth Fitness 3p-5p Adult Fitness 5p-8p	Fitness Center Adult Fitness 5a-9a Senior Fitness 9a-10a Adult Fitness 10a-2p Youth Fitness 3p-5p Adult Fitness 5p-8p	Fitness Center Adult Fitness 5a-9a Senior Fitness 9a-10a Adult Fitness 10a-2p Youth Fitness 3p-5p Adult Fitness 5p-8p	Fitness Center Adult Fitness 5a-9a Senior Fitness 9a-10a Adult Fitness 10a-2p Youth Fitness 3p-5p Adult Fitness 5p-8p	Fitness Center Adult Fitness 7a-9a Senior Fitness 9a-10a Adult Fitness 10a-12p Closed 5a-7a / 12p – 7p
8	9	10	11	12
Group Fitness Spin w/ Sham 530a-630a FSE w/ Brit 9a – 10a	JMI @ Kaibeto Boarding School 7PM	Group Fitness Spin w/ Sham 530a-630a FSE w/ Brit 9a – 10a	Group Fitness Orientation 2-3p	Group Fitness Spin w/ Sham 530a-630a
Fitness Center Adult Fitness 5a-9a Senior Fitness 9a-10a Adult Fitness 10a-2p Youth Fitness 3p-5p Adult Fitness 5p-8p	Fitness Center Adult Fitness 5a-9a Senior Fitness 9a-10a Adult Fitness 10a-2p Youth Fitness 3p-5p Adult Fitness 5p-8p	Fitness Center Adult Fitness 5a-9a Senior Fitness 9a-10a Adult Fitness 10a-2p Youth Fitness 3p-5p Adult Fitness 5p-8p	Fitness Center Adult Fitness 5a-9a Senior Fitness 9a-10a Adult Fitness 10a-2p Youth Fitness 3p-5p Adult Fitness 5p-8p	Fitness Center Adult Fitness 5a-9a Senior Fitness 9a-10a Adult Fitness 10a-2p Youth Fitness 3p-5p Adult Fitness 5p-7p
15	16	17	18	19
Group Fitness Spin w/ Sham 530a-630a FSE w/ Brit 9a – 10a	JMI @ Tonalea Day School 7PM	Group Fitness Spin w/ Sham 530a-630a FSE w/ Brit 9a – 10a	Group Fitness Orientation 2-3p	Group Fitness Spin w/ Sham 530a-630a
Fitness Center Adult Fitness 5a-9a Senior Fitness 9a-10a Adult Fitness 10a-2p Youth Fitness 3p-5p Adult Fitness 5p-8p	Fitness Center Adult Fitness 5a-9a Senior Fitness 9a-10a Adult Fitness 10a-2p Youth Fitness 3p-5p Adult Fitness 5p-8p	Fitness Center Adult Fitness 5a-9a Senior Fitness 9a-10a Adult Fitness 10a-2p Youth Fitness 3p-5p Adult Fitness 5p-8p	Fitness Center Adult Fitness 5a-9a Senior Fitness 9a-10a Adult Fitness 10a-2p Youth Fitness 3p-5p Adult Fitness 5p-8p	Fitness Center Adult Fitness 5a-9a Senior Fitness 9a-10a Adult Fitness 10a-2p Youth Fitness 3p-5p Adult Fitness 5p-7p
22	23	24	25	26
Group Fitness Spin w/ Sham 530a-630a FSE w/ Brit 9a – 10a	JMI @ Rare Metals 7PM	Group Fitness Spin w/ Sham 530a-630a FSE w/ Brit 9a – 10a	Group Fitness Orientation 2-3p	Group Fitness Spin w/ Sham 530a-630a
Fitness Center Adult Fitness 5a-9a Senior Fitness 9a-10a Adult Fitness 10a-2p Youth Fitness 3p-5p Adult Fitness 5-8p	Fitness Center Adult Fitness 5a-9a Senior Fitness 9a-10a Adult Fitness 10a-2p Youth Fitness 3p-5p Adult Fitness 5-8p	Fitness Center Adult Fitness 5a-9a Senior Fitness 9a-10a Adult Fitness 10a-2p Youth Fitness 3p-5p Adult Fitness 5-8p	Fitness Center Adult Fitness 5a-9a Senior Fitness 9a-10a Adult Fitness 10a-2p Youth Fitness 3p-5p Adult Fitness 5-8p	Fitness Center Adult Fitness 5a-9a Senior Fitness 9a-10a Adult Fitness 10a-2p Youth Fitness 3p-5p Adult Fitness 5-7p
29	30	31	M-Th 5am – 8pm F 5am – 7pm Closed daily 2-3pm (928) 283 - 1420	
Closed for Memorial Day	Group Fitness Spin w/ Sham 530a-630a JMI @ Blue Hills 7PM	Group Fitness Spin w/ Sham 530a-630a FSE w/ Brit 9a – 10a		
	Fitness Center Adult Fitness 5a-9a Senior Fitness 9a-10a Adult Fitness 10a-2p Youth Fitness 3p-5p Adult Fitness 5-8p	Fitness Center Adult Fitness 5a-9a Senior Fitness 9a-10a Adult Fitness 10a-2p Youth Fitness 3p-5p Adult Fitness 5-8p		

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

GROUP CLASSES AVAILABLE!!

- Functional Strength Exercise w/ Brittany
 - Seniors - M/W 9a-10a
- Spin w/ Sham
 - MWF 530a-630a

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

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

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

SCAN CODE TO RESERVE A SPOT FOR:

- ORIENTATION
- WORKOUT SESSIONS



Onsite Registration available, Pre-Registration strongly encouraged

Please bring enough water for you and your family for all events.
No virtual option this year, all JMI events will be held in-person (no exceptions). No COVID-19 Restrictions.



FOR MORE INFORMATION CONTACT TUBA CITY HPDP AT 928.283.1420

ALL EVENTS WILL FOLLOW DAYLIGHT SAVINGS TIME (DST)

DATE	LOCATION	REGISTRATION	START TIME
Tuesday, May 9th	Kaibeto Boarding School	5pm	7pm
Tuesday, May 16th	Tonalea Day School	6pm	7pm
Tuesday, May 23rd	Rare Metals	6pm	7pm
Tuesday, May 30th	Blue Hills* 10K	6pm	7pm
Tuesday, June 6th	Coppermine Chapter	6pm	7pm
Tuesday June 13th	LeChee Chapter	6pm	7pm
Tuesday, June 20th	Flagstaff Fort Tuthill	5:30pm	7:30pm
Tuesday, June 27th	Moenkopi* 10K	4:30pm	7pm
Thursday, July 6th	Cedar Ridge	6pm	7pm
Tuesday, July 11th	Coalmine	6:30pm	7:30pm
Tuesday, July 18th	Little Colorado River	6pm	7pm
Tuesday, July 25th	Tuba City Fairgrounds * 10K	4pm	7pm

Pre-Register using the following link <https://forms.office.com/r/ahYHApU5Ht>