

# HEALTH PROMOTION & DISEASE PREVENTION

# NOVEMBER



# FITNESS CENTER

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

	<p><b>1</b> <u>Wellness Center</u>                  Adult Fitness 5a-9a                  Senior Fitness 9a-10a                  Adult Fitness 10a-2p                  Youth Fitness 3p-5p                  Adult Fitness 5p-8p</p>	<p><b>2</b> <u>Group Fitness</u>                  Spin w/ Sham 530a-630a  <u>Wellness Center</u>                  Adult Fitness 5a-9a                  Senior Fitness 9a-10a                  Adult Fitness 10a-2p                  Youth Fitness 3p-5p                  Adult Fitness 5p-8p</p>	<p><b>3</b> <u>Wellness Center</u>                  Adult Fitness 5a-9a                  Senior Fitness 9a-10a                  Adult Fitness 10a-2p                  Youth Fitness 3p-5p                  Adult Fitness 5p-8p</p>	<p><b>4</b> <b>CLOSED for Orientation</b></p>
<p><b>7</b> <u>Group Fitness</u>                  Spin w/ Sham 530a-630a  <u>Wellness Center</u>                  Adult Fitness 5a-9a                  Senior Fitness 9a-10a                  Adult Fitness 10a-2p                  Youth Fitness 3p-5p                  Adult Fitness 5p-8p</p>	<p><b>8</b> <u>Wellness Center</u>                  Adult Fitness 5a-9a                  Senior Fitness 9a-10a                  Adult Fitness 10a-2p                  Youth Fitness 3p-5p                  Adult Fitness 5p-8p</p>	<p><b>9</b> <u>Group Fitness</u>                  Spin w/ Sham 530a-630a  <u>Wellness Center</u>                  Adult Fitness 5a-9a                  Senior Fitness 9a-10a                  Adult Fitness 10a-2p                  Youth Fitness 3p-5p                  Adult Fitness 5p-8p</p>	<p><b>10</b> <u>Wellness Center</u>                  Adult Fitness 5a-9a                  Senior Fitness 9a-10a                  Adult Fitness 10a-2p  <b>Orientation 2p-3p</b>                  Youth Fitness 3p-5p                  Adult Fitness 5p-8p</p>	<p><b>11</b> <b>CLOSED for Veteran's Day</b></p>
<p><b>14</b> <u>Group Fitness</u>                  Spin w/ Sham 530a-630a  <u>Wellness Center</u>                  Adult Fitness 5a-9a                  Senior Fitness 9a-10a                  Adult Fitness 10a-2p                  Youth Fitness 3p-5p                  Adult Fitness 5p-8p</p>	<p><b>15</b> <u>Wellness Center</u>                  Adult Fitness 5a-9a                  Senior Fitness 9a-10a                  Adult Fitness 10a-2p                  Youth Fitness 3p-5p                  Adult Fitness 5p-8p</p>	<p><b>16</b> <u>Group Fitness</u>                  Spin w/ Sham 530a-630a  <u>Wellness Center</u>                  Adult Fitness 5a-9a                  Senior Fitness 9a-10a                  Adult Fitness 10a-2p                  Youth Fitness 3p-5p                  Adult Fitness 5p-8p</p>	<p><b>17</b> <u>Wellness Center</u>                  Adult Fitness 5a-9a                  Senior Fitness 9a-10a                  Adult Fitness 10a-2p  <b>Orientation 2p-3p</b>                  Youth Fitness 3p-5p                  Adult Fitness 5p-8p</p>	<p><b>18</b> <u>Group Fitness</u>                  Spin w/ Sham 530a-630a  <u>Wellness Center</u>                  Adult Fitness 5a-9a                  Senior Fitness 9a-10a                  Adult Fitness 10a-2p                  Youth Fitness 3p-5p                  Adult Fitness 5p-7p</p>
<p><b>21</b> <u>Group Fitness</u>                  Spin w/ Sham 530a-630a  <u>Wellness Center</u>                  Adult Fitness 5a-9a                  Senior Fitness 9a-10a                  Adult Fitness 10a-2p                  Youth Fitness 3p-5p                  Adult Fitness 5p-8p</p>	<p><b>22</b> <u>Wellness Center</u>                  Adult Fitness 5a-9a                  Senior Fitness 9a-10a                  Adult Fitness 10a-2p                  Youth Fitness 3p-5p                  Adult Fitness 5p-8p</p>	<p><b>23</b> <u>Group Fitness</u>                  Spin w/ Sham 530a-630a  <u>Wellness Center</u>                  Adult Fitness 5a-9a                  Senior Fitness 9a-10a                  Adult Fitness 10a-2p                  Youth Fitness 3p-5p  <b>Closed after 5p</b></p>	<p><b>24</b> <b>CLOSED for Thanksgiving</b></p>	<p><b>25</b> <u>Wellness Center</u>                  Adult Fitness <b>8a-9a</b>                  Senior Fitness 9a-10a                  Adult Fitness 10a-2p                  Youth Fitness 3p-5p  <b>Closed after 5p</b></p>
<p><b>28</b> <u>Group Fitness</u>                  Spin w/ Sham 530a-630a  <u>Wellness Center</u>                  Adult Fitness 5a-9a                  Senior Fitness 9a-10a                  Adult Fitness 10a-2p                  Youth Fitness 3p-5p                  Adult Fitness 5p-8p</p>	<p><b>29</b> <u>Wellness Center</u>                  Adult Fitness 5a-9a                  Senior Fitness 9a-10a                  Adult Fitness 10a-2p                  Youth Fitness 3p-5p                  Adult Fitness 5p-8p</p>	<p><b>30</b> <u>Group Fitness</u>                  Spin w/ Sham 530a-630a  <u>Wellness Center</u>                  Adult Fitness 5a-9a                  Senior Fitness 9a-10a                  Adult Fitness 10a-2p                  Youth Fitness 3p-5p                  Adult Fitness 5p-8p</p>	<p><b>HOURS: M-Th, 5AM – 8PM</b>  <b>F, 5AM – 7PM</b>  <b>PHONE: (928) 283-1420</b></p>	

**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
- KEEP WORKOUT SESSIONS WITHIN 1 HR, 3X A WEEK (M-F)
- FOLLOW 18 MEMBERS PER HOUR CAPACITY. **RESERVE YOUR TIME.**

**GROUP CLASSES AVAILABLE!!**

- SPINNING/CYCLING – 5:15 – 6:15 AM
- Open for the first 10 participants.
- **FIRST COME FIRST SERVE**

**REMINDER:**

- Adult Fitness members may work out for 1 hour, 3x a week.
- Youth & Seniors members may work out for 1 hour, 5x a week

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

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

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

