

# HEALTH PROMOTION & DIABETES PREVENTION

# SEPTEMBER



# FITNESS CENTER



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



**HOURS: M-Th, 5AM – 8PM  
F, 5AM – 7PM**  
**PHONE: (928) 283-1420**

**1 Wellness Center**  
Adult Fitness 5a-9a  
Senior Fitness 9a-10a  
Adult Fitness 10a-2p  
Youth Fitness 3p-5p  
Adult Fitness 5p-8p

**2 Group Fitness**  
*Spin w/ Sham 515a-615a*  
**Wellness Center**  
Adult Fitness 5a-9a  
Senior Fitness 9a-10a  
Adult Fitness 10a-2p  
**Orientation 2p-3p**  
Youth Fitness 3p-5p  
Adult Fitness 5p-7p

**5 Closed HOLIDAY**

**6 Group Fitness**  
*Spin w/ Sham 515a-615a*  
**Wellness Center**  
Adult Fitness 5a-9a  
Senior Fitness 9a-10a  
Adult Fitness 10a-1p  
**CLOSED 1p-4p**  
Youth Fitness 4-5p  
Adult Fitness 5p-8p

**7 Group Fitness**  
*Spin w/ Sham 515a-615a*  
**Wellness Center**  
Adult Fitness 5a-9a  
Senior Fitness 9a-10a  
Adult Fitness 10a-2p  
Youth Fitness 3p-5p  
Adult Fitness 5p-8p

**8 Group Fitness**  
*Spin w/ Sham 515a-615a*  
**Wellness Center**  
Adult Fitness 5a-9a  
Senior Fitness 9a-10a  
Adult Fitness 10a-2p  
Youth Fitness 3p-5p  
Adult Fitness 5p-8p

**9 GYM CLOSED for Orientations**  
  
**Orientation 6AM**  
**Orientation 7AM**  
**Orientation 12PM**  
**Orientation 1PM**  
**Orientation 530PM**  
**Orientation 630PM**

**12 Group Fitness**  
*Spin w/ Sham 515a-615a*  
**Wellness Center**  
Adult Fitness 5a-9a  
Senior Fitness 9a-10a  
Adult Fitness 10a-2p  
Youth Fitness 3p-5p  
Adult Fitness 5p-8p

**13 Wellness Center**  
Adult Fitness 5a-9a  
Senior Fitness 9a-10a  
Adult Fitness 10a-2p  
Youth Fitness 3p-5p  
Adult Fitness 5p-8p

**14 Group Fitness**  
*Spin w/ Sham 515a-615a*  
**Wellness Center**  
Adult Fitness 5a-9a  
Senior Fitness 9a-10a  
Adult Fitness 10a-2p  
Youth Fitness 3p-5p  
Adult Fitness 5p-8p

**15 Wellness Center**  
Adult Fitness 5a-9a  
Senior Fitness 9a-10a  
Adult Fitness 10a-2p  
**Orientation 2p-3p**  
Youth Fitness 3p-5p  
Adult Fitness 5p-8p

**16 Group Fitness**  
*Spin w/ Sham 515a-615a*  
**Wellness Center**  
Adult Fitness 5a-9a  
Senior Fitness 9a-10a  
Adult Fitness 10a-2p  
Youth Fitness 3p-5p  
Adult Fitness 5p-7p

**19 Group Fitness**  
*Spin w/ Sham 515a-615a*  
**Wellness Center**  
Adult Fitness 5a-9a  
Senior Fitness 9a-10a  
Adult Fitness 10a-2p  
Youth Fitness 3p-5p  
Adult Fitness 5p-8p

**20 Wellness Center**  
Adult Fitness 5a-9a  
Senior Fitness 9a-10a  
Adult Fitness 10a-2p  
Youth Fitness 3p-5p  
Adult Fitness 5p-8p

**21 Group Fitness**  
*Spin w/ Sham 515a-615a*  
**Wellness Center**  
Adult Fitness 5a-9a  
Senior Fitness 9a-10a  
Adult Fitness 10a-2p  
Youth Fitness 3p-5p  
Adult Fitness 5p-8p

**22 Wellness Center**  
Adult Fitness 5a-9a  
Senior Fitness 9a-10a  
Adult Fitness 10a-2p  
Youth Fitness 3p-5p  
Adult Fitness 5p-8p

**23 Group Fitness**  
*Spin w/ Sham 515a-615a*  
**Wellness Center**  
Adult Fitness 5a-9a  
Senior Fitness 9a-10a  
Adult Fitness 10a-2p  
Youth Fitness 3p-5p  
Adult Fitness 5p-7p

**26 Group Fitness**  
*Spin w/ Sham 515a-615a*  
**Wellness Center**  
Adult Fitness 5a-9a  
Senior Fitness 9a-10a  
Adult Fitness 10a-2p  
Youth Fitness 3p-5p  
Adult Fitness 5p-8p

**27 Wellness Center**  
Adult Fitness 5a-9a  
Senior Fitness 9a-10a  
Adult Fitness 10a-2p  
Youth Fitness 3p-5p  
Adult Fitness 5p-8p

**28 Group Fitness**  
*Spin w/ Sham 515a-615a*  
**Wellness Center**  
Adult Fitness 5a-9a  
Senior Fitness 9a-10a  
Adult Fitness 10a-2p  
Youth Fitness 3p-5p  
Adult Fitness 5p-8p

**29 Wellness Center**  
Adult Fitness 5a-9a  
Senior Fitness 9a-10a  
Adult Fitness 10a-2p  
**Orientation 2p-3p**  
Youth Fitness 3p-5p  
Adult Fitness 5p-8p

**30 Wellness Center**  
Adult Fitness 5a-9a  
Senior Fitness 9a-10a  
Adult Fitness 10a-2p  
Youth Fitness 3p-5p  
Adult Fitness 5p-7p

**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 >

