



MAY



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DULT FITNESS HOURS MONDAY-THURSDAY :30AM-9:00AM 0:00AM-2:00PM :00PM-8:00PM FRIDAY VENING GYM: 5:00PM- :00PM OUTFIT FITNESS HOURS Monday-Friday :00pm-5:00pm	1 Fitness Room Hrs: 530-9am/10am-2pm/5-8pm Exercise Room: 3-5pm: Youth Fitness Hours 5:15pm: Insanity 6pm: Spin w/SAM	2 Fitness Room Hrs: 530-9am/10am-2pm/5-8pm Exercise Room: 5:30am: Spin w/Sham 3-5pm: Youth Fitness Hours 4-5pm: Youth Insanity 6pm: Yoga w/Jeanette 7pm: Spin w/Sam	3 Fitness Room Hrs: 530-9am/10am-2pm/5-8pm Exercise Room: 3-5pm: Youth Fitness Hours 5pm-7pm:CLOSED 7pm: Spin w/Sham	4 Fitness Room Hrs: 530-9am/10am-2pm/5-7pm Exercise Room: 12pm: CLOSED 5:30am: Spin w/Sham 3-5pm: Youth Fitness Hours 6pm: Zumba w/Neecee 7PM: CLOSED
Fitness Room Hrs: 30-9am/10am-2pm/5-8pm Exercise Room: :30am: Spin w/Sham :5pm: Youth Fitness Hours :5pm: Youth Insanity pm: Yoga w/Jeanette pm: Spin w/Sam	8 Fitness Room Hrs: 530-9am/10am-2pm/5-8pm Exercise Room: 3-5pm: Youth Fitness Hours 5:15pm: Insanity 6pm: Spin w/Sham Just Move It- KAIBETO (Reg:6pm // Start: 7pm)	9 Fitness Room Hrs: 530-9am/10am-2pm/5-8pm Exercise Room: 5:30am: Spin w/Sham 12pm: BOSU w/Kim 3-5pm: Youth Fitness Hours 4-5pm: Youth Insanity 5:15pm: Kickboxing w/Sham 6pm: Yoga w/Jeanette 7pm: Spin w/Sam	10 Fitness Room Hrs: 530-9am/10am-2pm/5-8pm Exercise Room: 12pm: HIIT w/Jess 3-5pm: Youth Fitness Hours 6pm: Spin w/Sham	11 Fitness Room Hrs: 530-9am/10am-2pm/5-7pm Exercise Room: 5:30am: Spin w/Sham 3-5pm: Youth Fitness Hours 6pm: Zumba w/Neecee 7PM: CLOSED
4 Fitness Room Hrs: 30-9am/10am-2pm/5-8pm Exercise Room: :30am: Spin w/Sham :5pm: Youth Fitness Hours :5pm: Youth Insanity :15pm: Kickboxing w/Sham pm: Yoga w/Jeanette pm: Spin w/Sam	15 Fitness Room Hrs: 530-9am/10am-2pm/CLOSED Exercise Room: 3-5pm: Youth Fitness Hours Just Move It- LECHEE CHAPTER (Reg:6pm // Start: 7pm)	16 Fitness Room Hrs: 530-9am/10am-2pm/5-8pm Exercise Room: 5:30am: Spin w/Sham 3-5pm: Youth Fitness Hours 4-5pm: Youth Circuit w/Jess 5:15pm: TBD 6pm: Yoga w/Jeanette 7pm: Spin w/Sam	17 Fitness Room Hrs: 530-9am/10am-2pm/5-8pm Exercise Room: 3-5pm: Youth Fitness Hours 6pm: Spin w/Sham	18 Fitness Room Hrs: 530-9am/10am-2pm/5-7pm Exercise Room: 5:30am: Spin w/Sham 3-5pm: Youth Fitness Hours 6pm: Zumba w/Neecee 7PM: CLOSED
1 Fitness Room Hrs: 30-9am/10am-2pm/5-8pm Exercise Room: :30am: Spin w/Sham :5pm: Youth Fitness Hours :5pm: Youth Insanity :15pm: Kickboxing w/Sham pm: Yoga w/Jeanette pm: Spin w/Sam	22 Fitness Room Hrs: 530-9am/10am-2pm/CLOSED Exercise Room: 12pm: TRX w/Elena 3-5pm: Youth Fitness Hours Just Move It- TONALEA (Reg:6pm // Start: 7pm)	23 Fitness Room Hrs: 530-9am/10am-2pm/5-8pm Exercise Room: 5:30am: Spin w/Sham 12pm: BOSU w/Kim 3-5pm: Youth Fitness Hours 4-5pm: Youth Circuit w/Jess 5:15pm: Kickboxing w/Sham 6pm: Yoga w/Jeanette 7pm: Spin w/Sam	24 Fitness Room Hrs: 530-9am/10am-2pm/5-8pm Exercise Room: 12pm: HIIT w/Jess 3-5pm: Youth Fitness Hours 6pm: Spin w/Sham	25 Fitness Room Hrs: 530-9am/10am-2pm/5-7pm Exercise Room: 5:30am: Spin w/Sham 3-5pm: Youth Fitness Hours 6pm: Zumba w/Neecee 7PM: CLOSED
8 Fitness Room Hrs: 30-9am/10am-2pm/5-8pm Exercise Room: :30am: Spin w/Sham :5pm: Youth Fitness Hours :5pm: Youth Insanity :15pm: Kickboxing w/Sham pm: Yoga w/Jeanette pm: Spin w/Sam	29 Fitness Room Hrs: 530-9am/10am-2pm/5-8pm Exercise Room: 12pm: TRX w/Elena 3-5pm: Youth Fitness Hours 5:15pm: Insanity 6pm: Spin w/Sham Just Move It- BLUE HILLS (Reg:6pm // Start: 7pm)	30 Fitness Room Hrs: 530-9am/10am-2pm/5-8pm Exercise Room: 5:30am: Spin w/Sham 3-5pm: Youth Fitness Hours 4-5pm: Youth Insanity 5:15pm: Kickboxing w/Sham 6pm: Yoga w/Jeanette 7pm: Spin w/Sam	31 Fitness Room Hrs: 530-9am/10am-2pm/5-8pm Exercise Room: 12pm: HIIT w/Jess 3-5pm: Youth Fitness Hours 6pm: Spin w/Sham	May 19th 2018 Hiking Series Lee's Ferry Spencer Trail @7am

Any questions call: HPDP Center (928)-283-1420 www.tchealth.org