



MAY



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

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