







Hozhoogo Iina Wellness Center—Group Fitness Calendar

HOURS OF OPERATION (MST): MON—THURS 6:00AM—8:00PM; FRI 6:00AM—6:00PM; SAT 7:00AM—11:00AM
 HOZHOOGO IINA WELLNESS CENTER CONTACT INFORMATION: (928) 289-8065

May 2019

Mon	Tue	Wed	Thu	Fri	Sat
<p>The Wellness Center will be closing at 3pm during the Just Move It season on scheduled event days. We encourage all to participate in WIHCC JMI series over the next few months. Each participant will receive a t-shirt. There will be an opportunity for more incentives by attending multiple JMI's. The more JMI's you participate in, the more incentives you will receive. Pick up a schedule today at HIWP. Please see HIWP staff for more information.</p>		<p>1</p> <p>11:30a CHAIR YOGA-ANN 12:15p ZUMBA-ELVERA 4:00p KIDS ZUMBA-VANESSA 5:15p YOGA-ANN 6:30p TKD-BBA</p>	<p>2</p> <p>11:30a ULTIMATE 30MIN WKOUT-CODY 12:15p STEP-TERRI 5:15p ZUMBA-ELVERA 6:30p ZUMBA TONING-VANESSA</p>	<p>3</p> <p>11:30a BUTTS & GUTS-ELVERA 12:15p CARDIO KICKBOXING-VANESSA 5:15p ZUMBA-DYAN</p>	<p>4</p> <p>7:00a-11:00a OPEN GYM</p>
<p>6</p> <p>11:30a BUTTS & GUTS-ELVERA 12:15p ZUMBA-TERRI 5:15p ZUMBA-ELVERA 6:30p TKD-BBA</p>	<p>7</p> <p>11:30a ZUMBA-ELVERA 12:15p ULTIMATE 30MIN WKOUT-CODY 5:15p CARDIO KICKBOXING-VANESSA 6:30p STEP-TERRI</p>	<p>8</p> <p>11:30a CHAIR YOGA-ANN 12:15p ZUMBA-ELVERA 4:00p KIDS POUND-SHEREEN 5:15p YOGA-ANN 6:30p TKD-BBA</p>	<p>9</p> <p>10:00a MOMS IN MOTION 11:30a ULTIMATE 30MIN WKOUT-CODY 12:15p STEP IT UP-SHEREEN</p> <p> HIWC closes @ 3pm JMI @ Grand Falls</p>	<p>10</p> <p>11:30a POUND-SHEREEN 12:15p ZUMBA TONING-VANESSA 5:15p ZUMBA-DYAN</p>	<p>11</p> <p>7:00a-11:00a OPEN GYM</p>
<p>13</p> <p> 6:30p TKD-BBA</p>	<p>14</p> <p>11:30a ZUMBA-ELVERA 12:15p ULTIMATE 30MIN WKOUT-CODY 5:15p ZUMBA TONING-VANESSA 6:30p STEP-TERRI</p>	<p>15</p> <p>11:30a CHAIR YOGA-ANN 12:15p ZUMBA-ELVERA 4:00p KIDS ZUMBA-VANESSA 5:15p YOGA-ANN 6:30p TKD-BBA</p>	<p>16</p> <p>11:30a ULTIMATE 30MIN WKOUT-CODY 12:15p STEP-TERRI</p> <p> HIWC closes @ 3pm JMI @ Leupp</p>	<p>17</p> <p>11:30a BUTTS & GUTS-ELVERA 12:15p CARDIO KICKBOXING-VANESSA 5:15p ZUMBA-DYAN</p>	<p>18</p> <p>7:00a-11:00a OPEN GYM</p>
<p>20</p> <p>11:30a BUTTS & GUTS-ELVERA 12:15p ZUMBA TONING-VANESSA 5:15p ZUMBA-ELVERA 6:30p TKD-BBA</p>	<p>21</p> <p>11:30a ULTIMATE 30MIN WKOUT-CODY 12:15p BUTTS & GUTS-ELVERA 5:15p CARDIO KICKBOXING-VANESSA 6:30p ZUMBA-ELVERA</p>	<p>22</p> <p>11:30a CHAIR YOGA-ANN 12:15p ZUMBA-ELVERA 4:00p KIDS POUND-SHEREEN 5:15p YOGA-ANN 6:30p TKD-BBA</p>	<p>23</p> <p>10:00a MOMS IN MOTION 11:30a ULTIMATE 30MIN WKOUT-CODY 12:15p STEP-TERRI</p> <p> HIWC closes @ 3pm JMI @ Birdsprings</p>	<p>24</p> <p>11:30a STEP IT UP-SHEREEN 12:15p ZUMBA ELVERA 5:15p ZUMBA-DYAN</p>	<p>25</p> <p>7:00a-11:00a OPEN GYM</p>
<p>27</p> <p></p>	<p>28</p> <p>11:30a ZUMBA-TERRI 12:15p CARDIO KICKBOXING-VANESSA 5:15p ZUMBA TONING-VANESSA 6:30p ZUMBA-ELVERA</p>	<p>29</p> <p>11:30a CHAIR YOGA-ANN 12:15p ZUMBA-ELVERA 4:00p KIDS POUND-SHEREEN 5:15p YOGA-ANN 6:30p TKD-BBA</p>	<p>30</p> <p>11:30a STEP IT UP-SHEREEN 12:15p ZUMBA-TERRI</p> <p> HIWC closes @ 3pm JMI @ Tolani Lake</p>	<p>31</p> <p>11:30a POUND-SHEREEN 12:15p CARDIO KICKBOXING-VANESSA 5:15p ZUMBA-DYAN</p>	