

DATE

9 DEC 2019

Hopi Wellness Center

Fitness Center Schedule

Monday 12/9 - Strong by
ZUMBA @ 12:05 p.m.

Tuesday 12/10 - T25 @
12:05 p.m. & 5:30 p.m.

Wednesday 12/11 - ZUMBA
@ 12:05 p.m.
TRANSFORM @ 5:30 p.m.

Thursday 12/12 - Circuit @
12:05 p.m.
Strong by ZUMBA @
5:30 p.m.

Friday 12/13 - Closed All
Day

Fitness Center Hours

Monday - Thursday:
6:00 a.m. - 7:00 p.m.

Friday;
Closed All Day

Kids Korner Hours

Monday:
Closed All Day
Tuesday - Thursday
11:00 a.m. - 7:00 p.m.
Friday:
Closed All Day

Special Event

2020 NEW YEAR KICK START CHALLENGE



KICK START YOUR FITNESS GOALS
BY JOINING THIS CHALLENGE!

**REGISTRATION BEGINS
DECEMBER 23, 2019 -
JANUARY 3, 2020**

6:00 A.M. - 6:00 P.M. - Monday - Thursday
6:00 A.M. - 3:00 P.M. - FRIDAYS

COME PREPARED TO COMPLETE A FITNESS PROFILE.

NOTE: NO REGISTRATION ON
CHRISTMAS EVE & CHRISTMAS DAY

CHALLENGE BEGINS
JANUARY 6, 2020
8 WEEKS OF EXCELLENCE!

FOR DETAILS CALL:

928-734-3432

OR, VISIT US ON OUR FACEBOOK
PAGE: HOPI WELLNESS CENTER



@HopiWellnessCenter

For more information call (928) 734-3432