

FEBRUARY 2025



HOURS OF OPERATION:

Monday – Thursday
 7:00 am – 7:00 pm
 Fridays
 7:00 am – 2:00 pm
 Telephone No.: 928-734-3432

FITNESS CENTER REQUIREMENTS:

Age Eligibility: 8 years old and older
Youth under 18 must be accompanied by an adult at all times.
 Participants must check in and out with a staff member.
Group fitness classes are held at the Hopi Wellness Center and the Hopi Health Care Center.

CLOSED FOR DAILY

SANITIZATION:
10:00 am - 11:00 am
2:00 pm – 3:00 pm

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Open 7am-7pm 6 p.m. HCWP Stability Workout @ the HHCC	Open 7am-7pm 12 pm: H.I.I.T. w/Jaime 5:30 pm: STRONG Nation w/Keith 6 p.m. HCWP Functional Training in Moenkopi	Open 7am-7pm 12 pm: Zumba w/Andrea 6 p.m. HCWP Core & Stretch @ the HWC	Open 7am-7pm 12 pm: Cardio Circuit w/Jaime 5:30 pm: TABATA w/Keith	Open 7am-2pm
10	11	12	12	14
Open 7am-7pm 6 p.m. HCWP Functional Training @ the HHCC	Open 7am-7pm 12 pm: STRONG Nation w/Keith 5:30 p.m. Full Body AMRAP w/Meagan 6 p.m. HCWP Dice Workout in Moenkopi	Open 7am-7pm 12 pm: Zumba w/Andrea 6 p.m. HCWP Cardio & Stretch @ the HWC	Open 7am-7pm 12 pm: TABATA w/Keith 5:30 pm: Functional Training w/Meagan	Open 7am-2pm
17	18	19	20	21
Open 7am-7pm 6 p.m. HCWP H.I.I.T. Workout @ the HHCC	Open 7am-7pm 12 pm: Full Body AMRAP w/Meagan 6 p.m. HCWP Stability workout in Moenkopi	Open 7am-7pm 12 pm: Zumba w/Andrea 6 p.m. HCWP Core & Stretch @ the HWC	Open 7am-7pm 12 pm: TABATA w/Keith 5:30 pm. Lower Body Stability w/Jaime	Open 7am-2pm
24	25	26	27	28
Open 7am-7pm 6 p.m. HCWP Stability workout @ the HHCC	Open 7am-7pm 12 pm: STRONG Nation w/Keith 6 p.m. HCWP Full Body AMRAP in Moenkopi	Open 7am-2pm 2p.m. CLOSED 5:30 p.m. STRONG Nation Night @ the HVMC	Open 7am-7pm 12 p.m. Core Circuit w/Jaime 5:30 pm TABATA w/Keith	Open 7am-2pm

