

MAY 2023

SUN	MON	TUE	WED	THU	FRI	SAT
	1 4pm Super Circuit 5:30pm Intro to Yoga	2 4pm TRX	3 12pm PowWow S. 4pm Step 5-6pm Beading 5-6:30pm SSSH 5-6:30pm BGC Fit. Night	4 4pm TRX Yoga 5pm PowWow S. 5:30pm Run for Renewal	5 8:30am- 2pm DSME Class OPEN GYM:MMIW Awareness Event	6
7	8 4pm Super Circuit 5:30pm Intro to Yoga	9 4pm TRX	10 Womens Wellness Day 12pm PowWow S. 4pm Step 5-6:30pm SSSH	11 4pm TRX Yoga 5pm PowWow S. 5:30pm Run for Renewal	12 OPEN GYM	13 Hiking Series: McMillan Mesa Garden Party at Hal Jensen
14	15 4pm Super Circuit 5:30pm Intro to Yoga	16 4pm TRX	17 12pm PowWow S. 4pm Step 5-6:30pm SSSH	18 4pm TRX Yoga 5pm PowWow S. 5:30pm Run for Renewal	19 OPEN GYM	20
21	22 4pm Super Circuit 5:30pm Intro to Yoga	23 4pm TRX	24 12pm PowWow S. 4pm Step 5-6:30pm SSSH	25 4pm TRX Yoga 5pm PowWow S. 5:30pm Run for Renewal	26 OPEN GYM	27
28	29 4pm Super Circuit 5:30pm Intro to Yoga	30 4pm TRX	31 4pm Step 5-6:30pm SSSH	GROUP FITNESS CLASSES HEALTH EDUCATION CLASSES ANNOUNCEMENTS COMMUNITY EVENTS		

Hours of Operation (MST)

Wellness Center: Monday -Thursday | 8am-7pm Friday | 8am-5pm

Family Health Center: Monday-Thursday | 8am-6pm Friday | 8am-5pm

Main Office: Monday-Friday | 8am-5pm Closed for lunch | 12-1pm

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