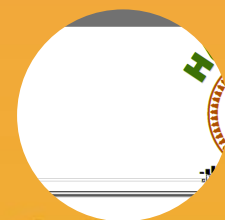


November Schedule



HSDPI Fitness center 950 Rodeo Circle 769-2644

HOURS: M-Th 530am-7pm, F: 530a-300p (times may vary on holidays)

HSDPI Admin: 926 Hualapai Way 769-1630/2075

HOURS: M-F 800a - 500p

MONDAY

5:30 AM
12-1P
700 PM

OPEN
CIRCUIT WORKOUTS (1 ON 1 OR GROUP SESSIONS)
CLOSE

TUESDAY

530 AM
12-1P
700 PM

OPEN
CIRCUIT WORKOUTS (1 ON 1 OR GROUP SESSIONS)
CLOSE

WEDNESDAY

530 AM
12-1P
5:30P-7P
700 PM

OPEN
CIRCUIT WORKOUTS (1 ON 1 OR GROUP SESSIONS)
WOMEN'S NIGHT (WORKOUTS/ AEROBICS)
CLOSE

THURSDAY

530 AM
12-1 PM
700 PM

OPEN
CIRCUIT WORKOUTS (1 ON 1 OR GROUP SESSIONS)
CLOSE

FRIDAY

530 AM
12 - 1PM
300 PM

OPEN
CIRCUIT WORKOUTS (1 ON 1 OR GROUP SESSIONS)
CLOSE

SATURDAY

11/9, 11/16, 11/23: 8AM TO 12PM

NOVEMBER EVENTS—

11/6, 11/13, & 11/20: Stretching and step class— 530pm @ Multi

11/8: Veterans Day Parade @9am

11/11: CLOSED— VETERAN'S DAY

11/13: Healthy Alternatives to Cooking for holidays with Rosemary— HEW bldg. 12pm— 1pm

11/14: Native American Food Tasting Event— 9am @ Cultural bldg.

11/14: 5k run & 1 mile Series #4 (66 park 12 noon)

11/15: Diabetes Awareness Turkey Trot- Starts 1130AM @Elderly (first 15 families will get a turkey)

11/19: “Keep Movin’ Hualapai” -Walk with Boys n Girls Club (starts at 430p from the club)

11/20: No Excuses Challenge 5k walk/run— 12pm start by Saw mill down towards pump house

11/25: Thanksgiving Community Dinner— 5pm @ Tribal gym

11/26: Healthy Alternatives to Cooking for holidays with Rosemary— HEW bldg. 12pm— 1pm

11/27: 12pm CLOSED for Thanksgiving Holiday — RETURN ON DEC. 2ND