

# September 2011

Sage Memorial Hospital  
Hoozhogii Wellness Center  
Ganado, AZ 86505

Hoozhogii Wellness Center:(928) 755-4572

**Hours of Operations:**  
11:00 a.m.—8:00 p.m.

**Diabetes Clinic OPD West (928) 755-4642**  
September 8, 2011 (8:00 a.m.—5:00 p.m.)  
September 29, 2011 (8:00 a.m.—5:00 p.m.)

Subject to Change

1.. <u>No class</u> 12:10p - 1:00p  <u>Daycare</u> 3:00p- 4:00p  <u>Assessment Burn it 2</u> <u>Earn it 2</u> 5:10p-6:00p  <u>STAFF Night Only</u> 6:00p-8:00p	2. <u>Cardio Kickboxing</u> 12:10p - 1:00p  <u>Daycare</u> 3:00p- 4:00p  <u>Assessment Burn it 2</u> <u>Earn it 2</u> 5:10p - 6:00p  <u>Zumba</u> 6:00p - 7:00p
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5.  <b>Labor Day</b>  <b>Wellness Center Closed</b>	6. <u>Core Training</u> 12:10p - 1:00p  <u>Daycare</u> 3:00p- 4:00p  <u>Burn it 2 Earn it 2</u> 5:10p - 6:00p  <u>Soccer Night</u> 6:00p-8:00p	7. <u>Spinning</u> 12:10p - 1:00p  <u>Daycare</u> 3:00p- 4:00p  <u>Burn it 2 Earn it 2</u> 5:10p to 6:00p  <u>Volleyball</u> 6:00p - 8:00p	8. <u>Body Blast</u> 12:10p - 1:00p  <u>Daycare</u> 3:00p- 4:00p  <u>Burn it 2 Earn it 2</u> 5:10p - 6:00p  <u>STAFF Night Only</u> 6:00p-8:00p	9. <u>Step Aerobics</u> 12:10p - 1:00p  <u>Daycare</u> 3:00p- 4:00p  <u>Deep Stretch</u> 5:10p-6:00p
12. <u>Step Aerobics</u> 12:10p - 1:00p  <u>Daycare</u> 3:00p- 4:00p  <u>Burn it 2 Earn it 2</u> 5:10p - 6:00p  <u>Basketball</u> 6:00p - 8:00p	13.  <b>Wellness Center Closed</b>	14.  <b>Wellness Center Closed</b>	15. <u>Core training</u> 12:10p - 1:00p  <u>Daycare</u> 3:00p- 4:00p  <u>Burn it 2 Earn it</u> 5:10p-6:00p  <u>STAFF Night Only</u> 6:00p-8:00p	16. <u>Dance Aerobics</u> 12:10p - 1:00p  <u>Daycare</u> 3:00p- 4:00p  <u>Exercise Jam</u> 4:00p - 8:00p
19. <u>Circuit Training</u> 12:10p - 1:00p  <u>Daycare</u> 3:00p- 4:00p  <u>Burn it 2 Earn it 2</u> 5:10p - 6:00p  <u>Basketball</u> 6:00p - 8:00p	20. <u>Core Training</u> 12:10p - 1:00p  <u>Daycare</u> 3:00p- 4:00p  <u>Burn it 2 Earn it 2</u> 5:10p to 6:00p  <u>Soccer Night</u> 6:00p-8:00p	21. <u>Spin-Hills</u> 12:10p - 1:00p  <u>Daycare</u> 3:00p- 4:00p  <u>Burn it 2 Earn it 2</u> 5:10p - 6:00p  <u>Volleyball</u> 6:00p - 8:00p	22. <u>Body Blast</u> 12:10p - 1:00p  <u>Daycare</u> 3:00p- 4:00p  <u>Deep Stretch</u> 5:10p-6:00p  <u>STAFF Night Only</u> 6:00p - 8:00p	23. <u>Dance Aerobics</u> 12:10p - 1:00p  <u>Daycare</u> 3:00p- 4:00p  <u>Step Aerobics</u> 5:10p - 6:00p
26. <u>Step Aerobics</u> 12:10p - 1:00p  <u>Daycare</u> 3:00p- 4:00p  <u>Burn it 2 Earn it 2</u> 5:10p - 6:00p  <u>Basketball</u> 6:00p - 8:00p	27. <u>Core training</u> 12:10p - 1:00p  <u>Daycare</u> 3:00p- 4:00p  <u>Burn it 2 Earn it 2</u> 5:10p to 6:00p  <u>Soccer Night</u> 6:00p-8:00p	28. <u>Spin-Sprints</u> 12:10p - 1:00p  <u>Daycare</u> 3:00p- 4:00p  <u>Burn it 2 Earn it 2</u> 5:10p - 6:00p  <u>Volleyball</u> 6:00p - 8:00p	29. <u>Body Blast</u> 12:10p - 1:00p  <u>Daycare</u> 3:00p- 4:00p  <u>Deep Stretch</u> 5:10p-6:00p  <u>STAFF Night Only</u> 6:00p - 8:00p	30. <u>Dance Aerobics</u> 12:10p - 1:00p  <u>Daycare</u> 3:00p- 4:00p  <u>Balance Training</u> 5:10p - 6:00p  <u>Zumba</u> 6:00p - 7:00p