

Tuba City Regional Health Care Corporation Health Promotion Disease Prevention Fitness Center Calendar

NOVEMBER 2024

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

4

FSE
9-10 am

5

CIRCUIT
12-1pm

6

7

Orientation
2-3pm

8

11

Fitness
Center
CLOSED

12

13

ZUMBA
7-8pm

14

Orientation
2-3pm

15

18

FSE
9-10 am

19

20

21

CIRCUIT
12-1pm
Orientation
2-3pm

22

25

FSE
9-10 am
ZUMBA
7-8pm

26

CIRCUIT
12-1pm

27

FSE
9-10 am
Orientation
2-3pm

28

Fitness
Center
CLOSED

29

HRPP INFORMATION

Fitness Center Hours



*Adults: (M-F) 5:00am-9:00am

Seniors: (M-F) 9:00am-10:00am

*Adults: (M-F) 10:00am-2:00pm

Youth: (M-F) 3:00pm-5:00pm

*Adults: (M-TH) 5:00pm-8:00pm

*(FRIDAYS) 5:00pm-7:00 pm

Open

Orientation

NOT A MEMBER?

JUST SCAN THE QR CODE TO
RESERVE

YOUR SPOT FOR ORIENTATION!

*SCHEDULE SUBJECT TO
CHANGE*



Functional Strength Exercising ⁵⁵⁺

Every day movements to train
your muscles to work together
for daily tasks

Circuit w/ Elena

High intensity exercises
promoting overall body strength
and endurance

Zumba w/ Neecee

Fun & effective dance based
fitness



Tuba City Regional Health Care Corporation

