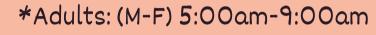
Tuba City Regional Health Care Corporation Health Promotion Disease Prevention Fitness Center Calendar









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

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

Zumbaw/Neecee

Fun & effective dance based fitness



Tuba City Regional Health Care Corporation

