

Tuba City Regional Health Care Corporation  
Health Promotion Disease Prevention

# JANUARY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

The Fitness Center will CLOSE at 5:00 pm on New Year's Eve, December 31st. Normal business hours will resume January 2nd at 5 am.



**1**  
FITNESS  
CENTER  
CLOSED

**2**  
Orientation  
2-3 pm

**3**  
Spin w/Sham  
5:15-6:15 am

**6**  
Spin w/Sham  
5:15-6:15 am  
FSE w/Elena  
9-10 am  
Zumba w/Neecee  
7-8 pm

**7**  
Circuit w/Elena  
12-1 pm

**8**  
Spin w/Sham  
5:15-6:15 am  
FSE w/Elena  
9-10 am

**9**  
Circuit w/Elena  
12-1 pm  
Orientation  
2-3 pm

**10**  
Spin w/Sham  
5:15-6:15 am

**13**  
Spin w/Sham  
5:15-6:15 am  
FSE w/Elena  
9-10 am  
Zumba w/Neecee  
7-8 pm

**14**  
Circuit w/Elena  
12-1 pm

**15**  
Spin w/Sham  
5:15-6:15 am  
FSE w/Elena  
9-10 am

**16**  
Circuit w/Elena  
12-1 pm  
Orientation  
2-3 pm

**17**  
Spin w/Sham  
5:15-6:15 am

**20**  
FITNESS  
CENTER  
CLOSED

**21**

**22**  
Spin w/Sham  
5:15-6:15 am  
FSE w/Elena  
9-10 am

**23**  
Circuit w/Elena  
12-1 pm

**24**  
Spin w/Sham  
5:15-6:15 am

**27**  
Spin w/Sham  
5:15-6:15 am  
Zumba  
7-8 pm

**28**  
Circuit w/Elena  
12-1 pm

**29**  
Spin w/Sham  
5:15-6:15 am  
FSE w/Elena  
9-10 am

**30**  
Orientation  
2-3 pm

**31**  
Spin w/Sham  
5:15-6:15 am

# HPDP 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-7:00pm

## ORIENTATION

NOT A MEMBER?  
JUST SCAN THE QR CODE TO  
RESERVE YOUR SPOT  
FOR ORIENTATION!

\*SCHEDULE SUBJECT TO CHANGE\*



## GROUP FITNESS

### FSE with Elena

Functional Strength Exercises:  
Every day movements to train your  
muscles to work together for daily tasks

### Circuit with Elena

High intensity exercises promoting  
overall body strength and endurance

### Zumba with Neecee

Fun & effective dance based fitness

### Spin with Sham

High-energy indoor cycling  
workout focusing on strength,  
speed & endurance

