

Tuba City Regional Health Care Corporation  
Health Promotion Disease Prevention

February

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3

FSE w/Elena  
9-10 am

4

Circuit w/Elena  
12-1 pm

5

FSE w/Elena  
9-10 am

6

Circuit w/Elena  
12-1 pm

Orientation  
5:15-6:15 pm

7

10

FSE w/Elena  
9-10 am

11

Circuit w/Elena  
12-1 pm

12

Circuit w/Elena  
12-1 pm

Orientation  
5:15-6:15 pm

14

17

FITNESS  
CENTER  
CLOSED

18

Circuit w/Elena  
12-1 pm

19

FSE w/Elena  
9-10 am

20

Circuit w/Elena  
12-1 pm

Orientation  
5:15-6:15 pm

21

24

25

FSE w/Elena  
9-10 am  
Circuit w/  
Elena  
12-1 pm

26

27

Circuit w/Elena  
12-1 pm

Orientation  
5:15-6:15 pm

28

Please be advised that our  
Orientation times have changed to  
5:15PM to 6:15PM on Thursdays

# 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-7:00 pm

## ORIENTATION

**!!!** Orientation hours have  
changed from 2-3 pm to  
5:15-6:15 pm on Thursdays.

Please arrive 5-10 minutes early



**NOT A MEMBER?**

JUST SCAN THE QR CODE TO  
RESERVE YOUR SPOT  
FOR ORIENTATION!

\*SCHEDULE SUBJECT TO CHANGE\*

## GROUP FITNESS

FSE with Elena (55+)

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

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