

# MARCH

## Tuba City Regional Health Care Corporation Health Promotion & Disease Prevention Fitness Center

Monday

Tuesday

Wednesday

Thursday

Friday

3

FSE w/Elena  
9:00-10:00am  
Circuit w/Elena  
12:00-1:00pm  
Zumba  
7:00-8:00pm

4

11

Circuit w/Elena  
12:00-1:00pm

5

12

19

FSE w/Elena  
9:00-10:00am

6

Orientation  
5:15-6:15pm

13

Circuit w/Elena  
12:00-1:00pm  
Orientation  
5:15-6:15pm

7

14

21

Circuit w/Elena  
12:00-1:00pm  
Orientation  
5:15-6:15pm

17

FSE w/Elena  
9:00-10:00am  
Zumba  
7:00-8:00pm

18

Circuit w/Elena  
12:00-1:00pm

20

27

Circuit w/Elena  
12:00-1:00pm  
Orientation  
5:15-6:15pm

24

FSE w/Elena  
9:00-10:00am  
Zumba  
7:00-8:00pm

25

Circuit w/Elena  
12:00-1:00pm

26

FSE w/Elena  
9:00-10:00am

28

31

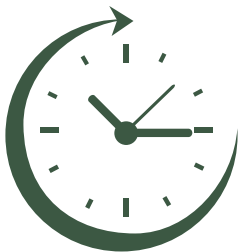
FSE w/Elena  
9:00-10:00am  
Zumba  
7:00-8:00pm

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

# HPDP Information

## Fitness Center Hours

Adults: 5:00am-9:00am (M-F)  
Seniors: 9:00am-10:00am (M-F)  
Adults: 10:00am-2:00pm (M-F)  
CLOSED 2:00pm-3:00pm (M-F)  
Youth: 3:00pm-5:00pm (M-F)  
Adults: 5:00pm-8:00pm (M-TH)  
(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 Classes

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

Zumba with Neecee  
Fun & effective dance based  
fitness

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