

TUBA CITY REGIONAL HEALTH CARE CORPORATION **May** HEALTH PROMOTION DISEASE PREVENTION FITNESS CENTER

Monday Tuesday Wednesday Thursday Friday



Thursday, May 1st
 Open: 5:00am-8:00am
CLOSED: 8:00am-5:00pm
 Open: 5:00pm-8:00pm



1

CLOSED
 8:00am-5:00pm
 *Orientation
 5:15-6:15pm

2

Spin
 5:15-6:15am

5

Spin
 5:15-6:15am
 FSE
 9:00-10:00am

6

CIRCUIT
 12:00-1:00pm
Spin
 6:00-7:00pm

7

Spin
 5:15-6:15am
 FSE
 9:00-10:00am

8

CIRCUIT
 12:00-1:00pm
 *Orientation
 5:15-6:15pm
Spin
 6:00-7:00pm

9

Spin
 5:15-6:15am

12

Spin
 5:15-6:15am
 zumba
 7:00-8:00pm

13

Spin
 6:00-7:00pm

14

Spin
 5:15-6:15am
 FSE
 9:00-10:00am

15

CIRCUIT
 12:00-1:00pm
 *Orientation
 5:15-6:15pm

16

Spin
 5:15-6:15am

19

Spin
 5:15-6:15am
 FSE
 9:00-10:00am
 Zumba
 7:00-8:00pm

20

CIRCUIT
 12:00-1:00pm
Spin
 6:00-7:00pm

21

Spin
 5:15-6:15am
 FSE
 9:00-10:00am

22

*orientation
 5:15-6:15pm
Spin
 6:00-7:00pm

23

Spin
 5:15-6:15am

26

**Fitness
 center
 closed**

27

Spin
 6:00-7:00pm

28

Spin
 5:15-6:15am
 Zumba
 7:00-8:00pm

29

CIRCUIT
 12:00-1:00pm
 *Orientation
 5:15-6:15pm
Spin
 6:00-7:00pm

30

Spin
 5:15-6:15am

HPDP 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)
(Friday)	5:00pm-7:00 pm	

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

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

Spin with Sham

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

Zumba with Neecee

Fun & effective dance based
fitness

Group classes

Hiking Series

Sandy Seep Trail, Flagstaff
Saturday, May 17th @7:00am
To register scan the QR code



Biking Series

N. HWY 89 MP 382, Tuba City
Saturday, May 10th @ 7:30am
To register scan the QR code



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