

Tuba City Regional Health Care Corporation

Health Promotion Disease Prevention

Fitness Center Calendar

MONDAY

TUESDAY

WEDNESDAY

*

THURSDAY

FRIDAY

Circuit w/Elena 12:00-1:00pm Youth Kettlebell 3:30-4:30pm Adult Kettlebell 5:00-6:00pm Spin w/ Sham 6:00-7:00pm

Spin w/ Sham 5:15-6:15am 3 Senior Kettlebell 9:00-10:00am Orientation 2:00-3:00pm Spin w/ Sham 6:00-7:00pm Fitness
Center
Closed

Spin w/ Sham 5:15-6:15am FSE w/ Elena 8:00-9:00am Adult Kettlebell 6:00-7:00pm Zumba w/ Neecee 7:00-8:00pm

Circuit w/Elena 12:00-1:00pm Youth Kettlebell 3:30-4:30pm Adult Kettlebell 5:00-6:00pm Spin w/ Sham 6:00-7:00pm 9 Spin w/ Sham 5:15-6:15am 10 Senior Kettlebell 9:00-10:00am Circuit w/Elena 12:00-1:00pm Orientation 2:00-3:00pm Spin w/ Sham 6:00-7:00pm

11 Spin w/Sham 5:15-6:15am

14 Spin w/Sham 5:15-6:15am FSE w/Elena 8:00-9:00am Adult Kettlebell 6:00-7:00pm Circuit w/Elena 12:00-1:00pm Youth Kettlebell 3:30-4:30pm Adult Kettlebell 5:00-6:00pm Spin w/Sham 6:00-7:00pm

16 Spin w/Sham 5:15-6:15am Senior Kettlebell 9:00-10:00am Orientation 2:00-3:00pm Spin w/Sham 6:00-7:00pm

24

Senior Kettlebell

9:00-10:00am

Circuit w/Elena

12:00-1:00pm

Orientation

2:00-3:00pm

Spin w/ Sham

6:00-7:00pm

18 Spin w/Sham 5:15-6:15am

Spin w/Sham 5:15-6:15am FSE w/Elena 8:00-9:00am Adult Kettlebell 6:00-7:00pm Zumba w/Neecee 7:00-8:00pm

28 FSE w/Elena 8:00-9:00am Spin w/Sham 5:15-6:15am Adult Kettlebell 6:00-7:00pm 22 Circuit w/Elena 12:00-1:00pm Youth Kettlebell 3:30-4:30pm Adult Kettlebell 5:00-6:00pm Spin w/Sham 6:00-7:00pm

Kettlebell -6:00pm w/Sham -7:00pm

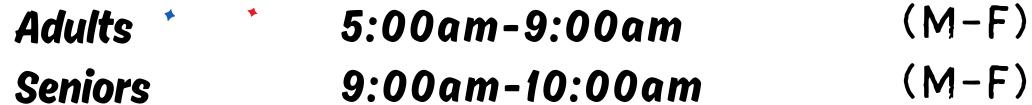
29
Youth Kettlebell
3:30-4:30pm
Adult Kettlebell
5:00-6:00pm
Spin w/Sham
6:00-7:00pm
Zumba w/Neecee
7:00-8:00pm

23 Spin w/Sham 5:15-6:15am

30 Spin w/Sham 5:15-6:15am

31 Senior Kettlebell 9:00-10:00am Circuit w/Elena 12:00-1:00pm Orientation 2:00-3:00pm Spin w/Sham 6:00-7:00pm 25 Spin w/Sham 5:15-6:15am

Hours



(M-F)**Adults** 10:00am-2:00pm

(M-F)2:00pm-3:00pm Closed

(M-F)3:00pm-5:00pm Youth

(M-TH)5:00pm-8:00pm **Adults**

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

Orientation hours have <u>changed from 5:15-6:15</u> <u>pm to 2-3 pm on</u>

Thursdays.

Please arrive 5-10 minutes early



Not a member?? Just can the QR code to reserve your spot for orientation. *Schedule subject to change*



Hiking Series

Kachina Trail, Flagstaff Saturday, July 26 @7:00am To register, scan QR code





FSE with Elena (55+) Functional Strength Exercises: **Everyday movements to train muscles**

Group

Class

Circuit with Elena

High intensity exercises promoting overall body strength and endurance

Kettlebell with Marlin

Dynamic workout that combines strength, cardio, and flexibility

Spin with Sham

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

Zumba with Neecee

Fun & effective dance based fitness





Biking Series

Tom Moody Extended Loop Trail, Flagstaff Saturday, July 12 @ 7:30am To register, scan QR code





