

JULY

Tuba City Regional Health Care Corporation

Health Promotion Disease Prevention

Fitness Center Calendar

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1
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

2
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

4
**Fitness
Center
Closed**

7
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

8
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

15
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

17
Senior Kettlebell
9:00-10:00am
Orientation
2:00-3:00pm
Spin w/Sham
6:00-7:00pm

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

21
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

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

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

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

25
Spin w/Sham
5:15-6:15am

28
FSE w/Elena
8:00-9:00am
Spin w/Sham
5:15-6:15am
Adult Kettlebell
6:00-7:00pm

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

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

Orientation

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 5:15-6:15
pm to 2-3 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

Hiking Series

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



Biking Series

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



Group Classes

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

