

JUNE

Tuba City Regional Health Care Corporation Health Promotion Disease Prevention Fitness Center Calendar

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2
Spin w/Sham
5:15-6:15am
FSE w/Elena
9:00-10:00am
Zumba
7:00-8:00pm

3
Circuit w/Elena
12:00-1:00pm
Spin w/Sham
6:00-7:00pm

4
Spin w/Sham
5:15-6:15am
FSE w/Elena
9:00-10:00am

5
Orientation
5:15-6:15pm
Spin w/Sham
6:00-7:00pm

6

9
Spin w/Sham
5:15-6:15 am

10
Circuit w/Elena
12:00-1:00pm
Spin w/Sham
6:00-7:00pm

11
Spin w/Sham
5:15-6:15 am
FSE w/Elena
9:00-10:00am

12
Circuit w/Elena
12:00-1:00pm
Orientation
5:15-6:15pm
Spin w/Sham
6:00-7:00pm

13
Spin w/Sham
5:15-6:15 am

16
Spin w/Sham
5:15-6:15am

17
Circuit w/Elena
12:00-1:00pm
Spin w/Sham
6:00-7:00pm

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

19
FITNESS
CENTER
CLOSED

20
Spin w/Sham
5:15-6:15 am

23
Spin w/Sham
5:15-6:15am
FSE w/Elena
9:00-10:00am
Zumba
7:00-8:00pm

24
Circuit w/Elena
12:00-1:00
Spin w/Sham
6:00-7:00pm

25
Spin w/Sham
5:15-6:15 am
FSE w/Elena
9:00-10:00am

26
Circuit w/Elena
12:00-1:00pm
Orientation
5:15-6:15pm
Spin w/Sham
6:00-7:00pm

27
Spin w/Sham
5:15-6:15 am

30
Spin w/Sham
5:15-6:15am
FSE w/Elena
9:00-10:00am
Zumba
7:00-8:00pm

hello SUMMER

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

Eggshell Arch. Ts'ah bii kin
Saturday, June 14th @ 7:00am
To register scan the QR code



3015 TAMARAX ST
TUBA CITY, AZ 86045
928-283-3513

Biking Series

Floxlglenn Trail. Flagstaff
Saturday, June 28th @ 7:30am
To register scan the QR code

