

AUGUST

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

Monday

Tuesday

Wednesday

Thursday

Friday



1

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

4

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

5

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

6

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

7

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

8

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

11

Spin w/ Sham
5:15-6:15am
FSE w/Elena
9:00-10:00am
Adult Kettlebell
6:00-7:00pm

12

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

13

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

14

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

15

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

18

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

19

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

20

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

21

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

22

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

25

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

26

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

27

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

28

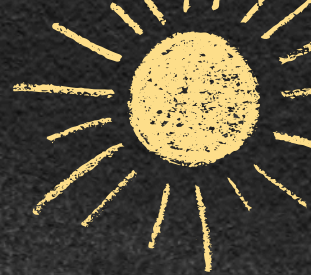
Spin w/ Sham
5:15-6:15am
Senior Kettlebell
9:00-10:00am
Orientation
2:00-3:00pm

29

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

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

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

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

Group Classes



Hiking Series

Fishers Point VIA Sandy Canyon, Flagstaff
Saturday, August 16 @7:00am
To register, scan QR code



Biking Series

Kaibab National Forest- W.SR-64 MP 276
Saturday, August 23 @7:30am
To register, scan QR code

