

September

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

Monday

1

**FITNESS
CENTER
CLOSED**

8

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

15

Spin w/ Sham
5:15-6:15am
Adult Kettlebell
6:00-7:00pm

22

Spin w/ Sham
5:15-6:15am
Zumba W/Neecee
7:00-8:00pm

29

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

Tuesday

2

Adult Kettlebell
6:00-7:00pm

9

Adult Kettlebell
6:00-7:00pm

16

Adult Kettlebell
6:00-7:00pm

23

30

Adult Kettlebell
6:00-7:00pm

Wednesday

3

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

10

Spin w/Sham
5:15-6:15am
Adult Kettlebell
6:00-7:00pm

17

Spin w/Sham
5:15-6:15am
Adult Kettlebell
6:00-7:00pm

24

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

Thursday

4

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

11

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

18

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

25

Orientation
2:00-3:00pm
Kickboxing w/Sham
6:00-7:00pm

Friday

5

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

12

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

19

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

26

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 hours are 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

Orientation

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

Kickboxing with Sham
Fun & high-energy workout that blends
martial arts and boxing techniques

Zumba with Neecee
Fun & effective dance based
fitness

Group Classes

Hiking Series

Humphreys Peak, Flagstaff
Saturday, September 20 @7:00am
To register, scan QR code



Biking Series

Flagstaff Urban Trail- CCC Loop
Saturday, September 27 @7:30am
To register, scan QR code



Run For Hope

Moenkopi Legacy Inn, Tuba City
Saturday, September 20 @6:45am
To register, scan QR code

