



OCTOBER 2025

TUBA CITY REGIONAL HEALTH CARE CORPORATION

HEALTH PROMOTION DISEASE PREVENTION FITNESS CENTER CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Spin w/ Sham 5:15- 6:15 am Adult Kettlebell 6:00-7:00pm	2 Senior Kettlebell 9:00-10:00am Orientation 2:00-3:00pm Adult Kettlebell 5:00-6:00pm Cardio Kickboxing 6:00-7:00 pm	3 Spin w/ Sham 5:15- 6:15 am
6 Spin w/ Sham 5:15- 6:15 am Adult Kettlebell 6:00-7:00pm Zumba 7:00-8:00 pm	7 Senior Kettlebell 9:00-10:00 am Adult Kettlebell 5:00-6:00pm Adult Kettlebell 6:00-7:00pm	8 Spin w/ Sham 5:15- 6:15 am Adult Kettlebell 6:00-7:00pm	9 Senior Kettlebell 9:00-10:00am Orientation 2:00-3:00pm Adult Kettlebell 5:00-6:00pm Cardio Kickboxing 6:00-7:00 pm	10 Spin w/ Sham 5:15- 6:15 am
13 CLOSED Holiday Native American Day/ Columbus Day	14 Senior Kettlebell 9:00-10:00 am Adult Kettlebell 5:00-6:00pm Adult Kettlebell 6:00-7:00pm	15 Spin w/ Sham 5:15- 6:15 am Adult Kettlebell 6:00-7:00pm	16 Senior Kettlebell 9:00-10:00am Orientation 2:00-3:00pm Adult Kettlebell 5:00-6:00pm Cardio Kickboxing 6:00-7:00 pm	17 Spin w/ Sham 5:15- 6:15 am
20 Spin w/ Sham 5:15- 6:15 am Adult Kettlebell 5:00-6:00pm Zumba 7:00-8:00 pm	21 Senior Kettlebell 9:00-10:00 am Adult Kettlebell 5:00-6:00pm Adult Kettlebell 6:00-7:00pm	22 Spin w/ Sham 5:15- 6:15 am Adult Kettlebell 6:00-7:00pm	23 Senior Kettlebell 9:00-10:00am Orientation 2:00-3:00pm Adult Kettlebell 5:00-6:00pm Cardio Kickboxing 6:00-7:00 pm	24
27 Spin w/ Sham 5:15- 6:15 am Adult Kettlebell 6:00-7:00pm Zumba 7:00-8:00 pm	28 Senior Kettlebell 9:00-10:00 am Adult Kettlebell 5:00-6:00pm Adult Kettlebell 6:00-7:00pm	29 Spin w/ Sham 5:15- 6:15 am Adult Kettlebell 6:00-7:00pm	30 Senior Kettlebell 9:00-10:00am Orientation 2:00-3:00pm Adult Kettlebell 5:00-6:00pm Cardio Kickboxing 6:00-7:00 pm	31 Spin w/ Sham 5:15- 6:15 am

Hours

Adults	5:00 am-9:00 am	(M-F)
Seniors	9:00 am- 10:00 am	M-F)
Adults	10:00 am- 2:00 pm	(M-F)
CLOSED	2:00 pm- 3:00pm	(M-F)
Youth	3:00 pm- 5:00pm	(M-F)
Adults	5:00 pm- 8:00pm	(M-Th)
Adults	5:00 pm- 7:00pm	(Friday)



Orientation hours Thursday's

2:00- 3:00 pm

Please arrive 5-10 minutes early.



Not a member?

Just scan the QR code to reserve your sport for orientation.

Schedule subject to change

Group Classes

Kettlebell with Marlin

Dynamic workout that combines strength, cardio, and flexibility

Spin with Sham

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

Cardio Kickboxing with Sham

Fun- high- energy workout that blends martial arts and boxing techniques



GET FIT CHALLENGE

12-16 Week training program for 2026 AZ rock'n'roll
5k-10k-1/2 marathon

FOR REGISTRATION AND PROGRAM DETAILS VISIT:

[HTTPS://TCHEALTH.ORG/HEALTH-PROMOTION-DIABETES-PREVENTION/](https://tchealth.org/health-promotion-diabetes-prevention/)

FOR MORE INFO CONTACT HPDP AT 928-283-3513 OR EMAIL: [JMIREGISTRATION@TCHEALTH.ORG](mailto:jmiregistration@tchealth.org)

