

DECEMBER 2025

TUBA CITY REGIONAL HEALTH CARE CORPORATION

Health Promotion Disease Prevention Fitness Center Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 Spin/ Sham 5:15 am-6:15am Sr. Circuit w/ Elena 9:00-10:00am Circuit w/ Elena 12:00-1:00pm Zumba w/ Neece 7 pm- 8:00pm</p>	<p>2 Spin w/ Sham 5:15 am-6:15am Cardio Kickboxing w / Sham 7:00 pm-8:00pm</p>	<p>3 Spin w/ Sham 5:15 am-6:15am Sr. Circuit w/ Elena 9:00-10:00am Circuit w/ Elena 12:00-1:00pm</p>	<p>4 Spin w/ Sham 5:15 am-6:15am Orientation 2:00 pm-3:00pm Cardio Kickboxing 6:00 pm-7:00pm</p>	<p>5 Spin w/ Sham 5:15 am-6:15am</p>
<p>8 Sr. Circuit w/Elena 9:00-10:00am Spin w/ Sham 5:15 am-6:15am Circuit w/ Elena 12:00-1:00pm</p>	<p>9 Spin w/ Sham 5:15 am-6:15am Cardio Kickboxing w / Sham 7:00 pm-8:00pm</p>	<p>10 Sr. Circuit w/ Elena 9:00-10:00am Spin w/ Sham 5:15 am-6:15am Circuit w/ Elena 12:00-1:00pm Kettlebell w/ Marlin 6:00-7:00pm Zumba w/ Neece 7 pm- 8:00pm</p>	<p>11 Senior Kettlebell 9:00-10:00am Spin w/ Sham 5:15 am-6:15am Orientation 2:00 pm-3:00pm Kettlebell w/ Marlin 5:00-6:00pm Cardio Kickboxing 6:00 pm-7:00pm</p>	<p>12 Spin w/ Sham 5:15 am-6:15am</p>
<p>15 Spin w/ Sham 5:15 am-6:15am Sr. Circuit w/ Elena 9:00-10:00am Circuit w/ Elena 12:00-1:00pm Zumba w/ Neece 7 pm- 8:00pm</p>	<p>16 Spin w/ Sham 5:15 am-6:15am Cardio Kickboxing w / Sham 7:00 pm-8:00pm</p>	<p>17 Spin w/ Sham 5:15 am-6:15am Sr. Circuit w/ Elena 9:00-10:00am Circuit w/ Elena 12:00-1:00pm Kettlebell w/ Marlin 6:00-7:00pm</p>	<p>18 Spin w/ Sham 5:15 am-6:15am Senior Kettlebell 9:00-10:00am Orientation 2:00 pm-3:00pm Kettlebell w/ Marlin 5:00-6:00pm Cardio Kickboxing 6:00 pm-7:00pm</p>	<p>19 Spin w/ Sham 5:15 am-6:15am</p>
<p>22 Spin w/ Sham 5:15 am-6:15am Zumba w/ Neece 7 pm- 8:00pm</p>	<p>23 Spin w/ Sham 5:15 am-6:15am Cardio Kickboxing w / Sham 7:00 pm-8:00pm</p>	<p>24 Spin w/ Sham 5:15 am-6:15am</p>	<p>25 CLOSED Holiday CHRISTMAS DAY</p> 	<p>26 Spin w/ Sham 5:15 am-6:15am</p>
<p>29 Spin w/ Sham 5:15 am-6:15am Zumba w/ Neece 6:30 pm- 7:30pm</p>	<p>30 Spin w/ Sham 5:15 am-6:15am Senior Kettlebell 9:00-10:00am Kettlebell w/ Marlin 6:00-7:00pm Cardio Kickboxing 7:00 pm-8:00pm</p>	<p>31 Spin w/ Sham 5:15 am-6:15am</p>		

DECEMBER 2025

Adult (M-F)	5am - 9pm
Seniors (M-F)	9am - 10am
Adults (M-F)	10am-2pm
CLOSED (M-F)	2pm-3pm
Youth (M-F)	3pm-5pm
Adults (M-Thursday)	5pm-8pm
Adults (Friday)	5pm-7pm

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

TCRHCC Health Promotion Disease Prevention

HPDP UGLY SWEATER RUN

3k Walk • 5k Run

HPDP PARKING LOT

Come dressed in your ugly sweaters!!!

Incentives to the first 100 participants! First come, first serve.

Contact HPDP for more information: 928-283-3513

Registration: 7:30am

Sunday, December 21st

3k/5k Start: 8:00am