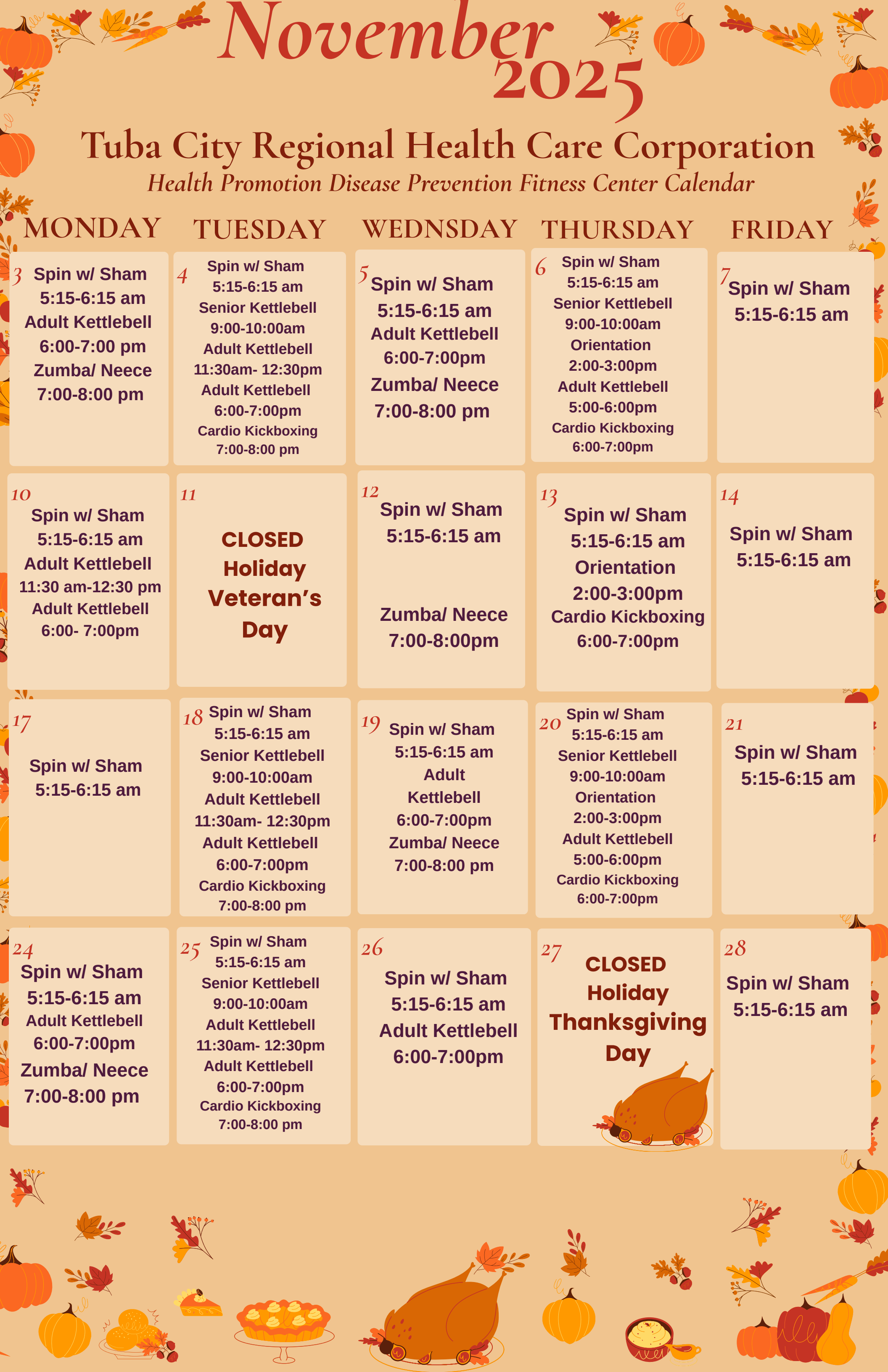




November 2025

Tuba City Regional Health Care Corporation

Health Promotion Disease Prevention Fitness Center Calendar

MONDAY

TUESDAY

WEDNSDAY

THURSDAY

FRIDAY

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

4 Spin w/ Sham
5:15-6:15 am
Senior Kettlebell
9:00-10:00am
Adult Kettlebell
11:30am- 12:30pm
Adult Kettlebell
6:00-7:00pm
Cardio Kickboxing
7:00-8:00 pm

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

6 Spin w/ Sham
5:15-6:15 am
Senior Kettlebell
9:00-10:00am
Orientation
2:00-3:00pm
Adult Kettlebell
5:00-6:00pm
Cardio Kickboxing
6:00-7:00pm

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

10 Spin w/ Sham
5:15-6:15 am
Adult Kettlebell
11:30 am-12:30 pm
Adult Kettlebell
6:00- 7:00pm

11
CLOSED
Holiday
Veteran's
Day

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

Zumba/ Neece
7:00-8:00pm

13 Spin w/ Sham
5:15-6:15 am
Orientation
2:00-3:00pm
Cardio Kickboxing
6:00-7:00pm

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

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

18 Spin w/ Sham
5:15-6:15 am
Senior Kettlebell
9:00-10:00am
Adult Kettlebell
11:30am- 12:30pm
Adult Kettlebell
6:00-7:00pm
Cardio Kickboxing
7:00-8:00 pm

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

20 Spin w/ Sham
5:15-6:15 am
Senior Kettlebell
9:00-10:00am
Orientation
2:00-3:00pm
Adult Kettlebell
5:00-6:00pm
Cardio Kickboxing
6:00-7:00pm

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

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

25 Spin w/ Sham
5:15-6:15 am
Senior Kettlebell
9:00-10:00am
Adult Kettlebell
11:30am- 12:30pm
Adult Kettlebell
6:00-7:00pm
Cardio Kickboxing
7:00-8:00 pm

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

27
CLOSED
Holiday
Thanksgiving
Day


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

Hours

Adults	M-F	5am- 9am
Seniors	M-F	9am-10am
Adults	M-F	10am-2pm
CLOSED	M-F	2pm-3pm
Youth	M-F	2pm-5pm
Adults	M-Thurs	5pm-8pm
Adults	Friday	5pm-7pm

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

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