



JANUARY 2026



Tuba City Regional Health Care Corporation

Health Promotion Disease Prevention Fitness Center Calendar

MON	TUE	WED	THU	FRI
			1 CLOSED Holiday New Years	2 Spin w/ Sham 5:15-6:15 am
5 Spin w/ Sham 5:15-6:15 am Zumba w/ Neece 7:00-8:00pm	6 Spin w/ Sham 5:15-6:15 am Sr. Kettlebell w/ Marlin 9:00-10:00 am Kettlebell w/ Marlin 6:00-7:00 pm Cardio Kickboxing w/ Sham 7:00-8:00 pm	7 Spin w/ Sham 5:15-6:15 am Kettlebell w/ Marlin 6:00-7:00 pm	8 Spin w/ Sham 5:15-6:15 am Sr. Kettlebell w/ Marlin 9:00-10:00 am Orientation 2:00-3:00pm Kettlebell w/ Marlin 5:00-6:00 pm Cardio Kickboxing w/ Sham 7:00-8:00 pm	9 Spin w/ Sham 5:15-6:15 am
12 Spin w/ Sham 5:15-6:15 am Zumba w/ Neece 7:00-8:00pm	13 Spin w/ Sham 5:15-6:15 am Sr. Kettlebell w/ Marlin 9:00-10:00 am Kettlebell w/ Marlin 6:00-7:00 pm Cardio Kickboxing w/ Sham 7:00-8:00 pm	14 Spin w/ Sham 5:15-6:15 am Kettlebell w/ Marlin 6:00-7:00 pm	15 Spin w/ Sham 5:15-6:15 am Sr. Kettlebell w/ Marlin 9:00-10:00 am Orientation 2:00-3:00pm Kettlebell w/ Marlin 5:00-6:00 pm Cardio Kickboxing w/ Sham 7:00-8:00 pm	16 Spin w/ Sham 5:15-6:15 am
19 CLOSED Holiday Martin Luther King Day	20 Spin w/ Sham 5:15-6:15 am Sr. Kettlebell w/ Marlin 9:00-10:00 am Kettlebell w/ Marlin 6:00-7:00 pm Cardio Kickboxing w/ Sham 7:00-8:00 pm	21 Spin w/ Sham 5:15-6:15 am Kettlebell w/ Marlin 6:00-7:00 pm Zumba w/ Neece 7:00-8:00pm	22 Spin w/ Sham 5:15-6:15 am Sr. Kettlebell w/ Marlin 9:00-10:00 am Orientation 2:00-3:00pm Kettlebell w/ Marlin 5:00-6:00 pm Cardio Kickboxing w/ Sham 7:00-8:00 pm	23 Spin w/ Sham 5:15-6:15 am
26 Spin w/ Sham 5:15-6:15 am Zumba w/ Neece 7:00-8:00pm	27 Spin w/ Sham 5:15-6:15 am Sr. Kettlebell w/ Marlin 9:00-10:00 am Kettlebell w/ Marlin 6:00-7:00 pm Cardio Kickboxing w/ Sham 7:00-8:00 pm	28 Spin w/ Sham 5:15-6:15 am Kettlebell w/ Marlin 6:00-7:00 pm	29 Spin w/ Sham 5:15-6:15 am Sr. Kettlebell w/ Marlin 9:00-10:00 am Orientation 2:00-3:00pm Kettlebell w/ Marlin 5:00-6:00 pm Cardio Kickboxing w/ Sham 7:00-8:00 pm	30 Spin w/ Sham 5:15-6:15 am

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Adult (M-F)	5am - 9am
Seniors	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 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

Zumba with NEECE

A fun high-energy dance-base workout, combining amazing music w/ aerobic interval training to improve heart health.



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