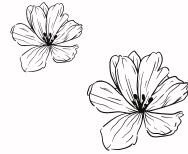


# JANUARY 2026

Tuba City Regional Health Care Corporation

Health Promotion Disease Prevention Fitness Center Calendar



**Subject to change**

MON	TUE	WED	THU	FRI
			1 <b>CLOSED</b> <b>Holiday</b> <b>New Years</b>	2 Spin w/ Sham 5:15-6:15 am
5 Spin w/ Sham 5:15-6:15 am  Zumba w/ Neecee 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	13 Spin w/ Sham 5:15-6:15 am  Sr. Kettlebell w/ Marlin 9:00-10:00 am	14 Spin w/ Sham 5:15-6:15 am  Kettlebell w/ Marlin 6:00-7:00 pm  Cardio Kickboxing w/ Sham 7:00-8:00 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 <b>CLOSED</b> <b>Holiday</b> <b>Martin Luther King</b> <b>Day</b>	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/ Neecee 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/ Neecee 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

# JANUARY 2026

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 NEECEE**

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



3015 TAMARAX ST  
TUBA CITY, AZ 86045  
928-283-3513

