

FEBRUARY 2026

Tuba City Regional Health Care Corporation Health Promotion Disease Prevention Fitness Center Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Spin 5:15-6:15 am Kettlebell 6:00-7:00 pm Zumba 7:00-8:00pm	3 Kettlebell 5:00-6:00 am Kettlebell 6:00-7:00 pm Cardio Kickboxing 7:00-8:00 pm	4 Spin 5:15-6:15 am Seniors Circuit 9:00-10:00am Kettlebell 6:00-7:00 pm	5 Kettlebell 5:00-6:00 am Orientation 2:00 Kettlebell 5:00-6:00 pm Cardio Kickboxing 7:00-8:00 pm	6 Spin 5:15-6:15 am
9 Spin 5:15-6:15 am Kettlebell 6:00-7:00 pm	10 Kettlebell 5:00-6:00 am Kettlebell 6:00-7:00 pm Cardio Kickboxing 7:00-8:00 pm	11 Spin 5:15-6:15 am Seniors Circuit 9:00-10:00am Kettlebell 6:00-7:00 pm	12 Kettlebell 5:00-6:00 am Orientation 2:00 Kettlebell 5:00-6:00 pm Cardio Kickboxing 7:00-8:00 pm	13 Spin 5:15-6:15 am
16 CLOSED Holiday PRESIDENT'S DAY	17 Kettlebell 5:00-6:00 am Kettlebell 6:00-7:00 pm Cardio Kickboxing 7:00-8:00 pm	18 Spin 5:15-6:15 am Seniors Circuit 9:00-10:00am Kettlebell 6:00-7:00 pm Zumba 7:00-8:00pm	19 Kettlebell 5:00-6:00 am Orientation 2:00 Kettlebell 5:00-6:00 pm Cardio Kickboxing 7:00-8:00 pm	20 Spin 5:15-6:15 am
23 Spin 5:15-6:15 am Kettlebell 6:00-7:00 pm	24 Kettlebell 5:00-6:00 am Kettlebell 6:00-7:00 pm Cardio Kickboxing 7:00-8:00 pm	25 Spin 5:15-6:15 am Seniors Circuit 9:00-10:00am Kettlebell 6:00-7:00 pm Zumba 7:00-8:00pm	26 Kettlebell 5:00-6:00 am Orientation 2:00 Kettlebell 5:00-6:00 pm Cardio Kickboxing 7:00-8:00 pm	27 Spin 5:15-6:15 am

♥ FEBRUARY 2026

Hours

Orientation hours

Thursday's

2:00 pm

Please arrive 5-10 minutes early.



Not a member?

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

Schedule subject to change

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

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.



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