

# March

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

# 2026

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Spin 5:15-6:15 am</p> <p>Kettlebell 6:00-7:00 pm</p>	<p>3</p> <p>Kettlebell 5:00-6:00 am</p> <p>Adult Circuit 12:00-1:00 pm</p> <p>Kettlebell 6:00-7:00 pm</p>	<p>4</p> <p>Spin 5:15-6:15 am</p> <p>Senior Circuit 9:00-10:00 am</p> <p>Kettlebell 6:00-7:00 pm</p> <p>Zumba 7:00-8:00pm</p>	<p>5</p> <p>Kettlebell 5:00-6:00 am</p> <p>Adult Circuit 12:00-1:00 pm</p> <p><b>Orientation 2:00</b></p> <p>Kettlebell 5:00-6:00 pm</p> <p>Cardio Kickboxing 6:00-7:00 pm</p>	<p>6</p> <p>Spin 5:15-6:15 am</p>
<p>9</p> <p>Spin 5:15-6:15 am</p> <p>Senior Circuit 9:00-10:00 am</p> <p>Kettlebell 6:00-7:00 pm</p>	<p>10</p> <p>Kettlebell 5:00-6:00 am</p> <p>Adult Circuit 12:00-1:00 pm</p> <p>Kettlebell 6:00-7:00 pm</p>	<p>11</p> <p>Spin 5:15-6:15 am</p> <p>Senior Circuit 9:00-10:00 am</p> <p>Kettlebell 6:00-7:00 pm</p>	<p>12</p> <p>Kettlebell 5:00-6:00 am</p> <p>Adult Circuit 12:00-1:00 pm</p> <p><b>Orientation 2:00</b></p> <p>Kettlebell 5:00-6:00 pm</p> <p>Cardio Kickboxing 6:00-7:00 pm</p>	<p>13</p> <p>Spin 5:15-6:15 am</p>
<p>16</p> <p>Spin 5:15-6:15 am</p> <p>Senior Circuit 9:00-10:00 am</p> <p>Kettlebell 6:00-7:00 pm</p> <p>Zumba 7:00-8:00pm</p>	<p>17</p> <p>Kettlebell 5:00-6:00 am</p> <p>Adult Circuit 12:00-1:00 pm</p> <p>Kettlebell 6:00-7:00 pm</p>	<p>18</p> <p>Spin 5:15-6:15 am</p> <p>Senior Circuit 9:00-10:00 am</p> <p>Kettlebell 6:00-7:00 pm</p>	<p>19</p> <p>Kettlebell 5:00-6:00 am</p> <p>Adult Circuit 12:00-1:00 pm</p> <p><b>Orientation 2:00</b></p> <p>Kettlebell 5:00-6:00 pm</p> <p>Cardio Kickboxing 6:00-7:00 pm</p>	<p>20</p> <p>Spin 5:15-6:15 am</p>
<p>23</p> <p>Spin 5:15-6:15 am</p> <p>Kettlebell 6:00-7:00 pm</p> <p>Zumba 7:00-8:00pm</p>	<p>24</p> <p>Kettlebell 5:00-6:00 am</p> <p>Kettlebell 6:00-7:00 pm</p>	<p>25</p> <p>Spin 5:15-6:15 am</p> <p>Kettlebell 6:00-7:00 pm</p>	<p>26</p> <p>Kettlebell 5:00-6:00 am</p> <p>Adult Circuit 12:00-1:00 pm</p> <p><b>Orientation 2:00</b></p> <p>Kettlebell 5:00-6:00 pm</p> <p>Cardio Kickboxing 6:00-7:00 pm</p>	<p>27</p> <p>Spin 5:15-6:15 am</p>
<p>30</p> <p>Spin 5:15-6:15 am</p> <p>Senior Circuit 9:00-10:00 am</p> <p>Kettlebell 6:00-7:00 pm</p> <p>Zumba 7:00-8:00pm</p>	<p>31</p> <p>Kettlebell 5:00-6:00 am</p> <p>Adult Circuit 12:00-1:00 pm</p> <p>Kettlebell 6:00-7:00 pm</p>			

# March 2026



Orientation hours

Thursday's

2:00 pm

*Please arrive 5-10 minutes early.*



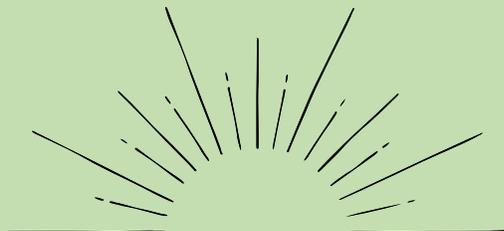
Not a member?

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

\*Schedule subject to change\*

## Hours

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.



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

