

MAY 2026

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
Zumba 7:00-8:00pm 4	Spin 5:15-6:15 am 5	Spin 5:15-6:15 am 6	Spin 5:15-6:15 am Orientation 2:00 pm 7	8
11	Spin 5:15-6:15 am 12	Spin 5:15-6:15 am 13	Spin 5:15-6:15 am Orientation 2:00 pm 14	15
Zumba 7:00-8:00pm 18	Spin 5:15-6:15 am 19	Spin 5:15-6:15 am 20	Spin 5:15-6:15 am Orientation 2:00 pm HIIT Adult Class 12:00-1:00pm 21	22
CLOSED Holiday Memorial Day 25	Spin 5:15-6:15 am 26	Spin 5:15-6:15 am Zumba 7:00-8:00pm 27	Spin 5:15-6:15 am Orientation 2:00 pm HIIT Adult Class 5:15-6:15pm 28	29

MAY 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

Spin with Sham

High-energy indoor cycling workout focusing on strength, speed & endurances.

Circuit with Elena

High intensity exercises promoting overall body strength and endurances

FSE with Elena (55+)

Functional Strength Exercises; Everyday moments to train your muscles to work together for daily task.

Zumba with Neecee

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

HIIT with Laurynn

High intensity interval training that invloves full body exercises in short, intense bursts, with a short rest time



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