

JUNE 2026

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Spin 5:15-6:15 am 1	Spin 6 pm-7pm am Zumba 7:00-8:00pm 2	 3	HIIT Adult Class 12pm- 1pm Orientation 2:00 pm Spin 6 pm-7pm 4	 5
Spin 5:15-6:15 am 8	Spin 6 pm- 7pm 9	Adult Circuit 6 pm-7 pm 10	Orientation 2:00 pm Spin 6 pm- 7pm 11	
Spin 5:15-6:15 am Zumba 7:00-8:00pm 15	Spin 6 pm- 7pm 16	 17	HIIT Adult Class 12pm- 1pm Orientation 2:00 pm Spin 6 pm- 7pm 18	CLOSED Holiday Juneteeth 19
Spin 5:15-6:15 am Zumba 7:00-8:00pm 22	Spin 6 pm- 7pm 23	Adult Circuit 6 pm-7 pm 24	Orientation 2:00 pm Spin 6 pm- 7pm 25	 26
Spin 5:15-6:15 am Zumba 7:00-8:00pm 29	Spin 6 pm- 7pm 30			

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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 involves full body exercises in short, intense bursts, with a short rest time



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