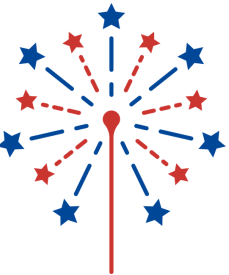
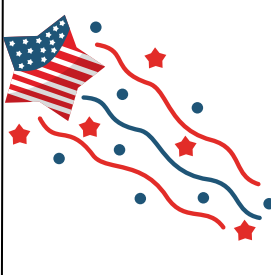
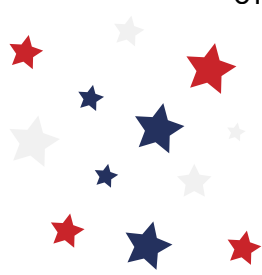


JULY 2025

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			01 ORIENTATION 2:00PM SPIN 6:00-7:00PM	02 CLOSED HOLIDAY <i>Fourth of July</i>
06 SPIN 5:15-6:15 AM HIIT ADULT CLASS 12:00-1:00PM ZUMBA 7:00-8:00PM	07  GYM WILL BE CLOSING AT 6PM FOR THE JMI NIGHT EVENT IN MOENKOPI.	08 ADULT CIRCUIT 6:00-7:00PM	09 ORIENTATION 2:00PM SPIN 6:00-7:00PM	10
13 SPIN 5:15-6:15 AM HIIT ADULT CLASS 12:00-1:00PM	14 SPIN 6:00-7:00PM	15	16 ORIENTATION 2:00PM SPIN 6:00-7:00PM	17
20 HIIT ADULT CLASS 12:00-1:00PM ZUMBA 7:00-8:00PM	21	22 ADULT CIRCUIT 6:00-7:00PM	23 ORIENTATION 2:00PM SPIN 6:00-7:00PM	24
27 SPIN 5:15-6:15 AM HIIT ADULT CLASS 12:00-1:00PM ZUMBA 7:00-8:00PM	28  GYM WILL BE CLOSING AT 6PM FOR THE JMI FINALE AT THE FAIR GROUNDS.	29 SPIN 6:00-7:00PM	30 ORIENTATION 2:00PM SPIN 6:00-7:00PM 	31 

JULY 2025

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

Orientation Hours Thursday's at 2:00pm.

Please arrive 5-10 minutes early.

Schedule subject to change

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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