



BACK  
TO  
SCHOOL

# AUGUST 2026

## TUBA CITY REGIONAL HEALTH CARE CENTER

### HEALTH PROMOTION DISEASE PREVENTION FITNESS CENTER CALENDAR

| Monday                                                                                        | Tuesday                                                        | Wednesday                                                     | Thursday                                                                                    | Friday |
|-----------------------------------------------------------------------------------------------|----------------------------------------------------------------|---------------------------------------------------------------|---------------------------------------------------------------------------------------------|--------|
| 3<br>Spin<br>5:15-6:15am<br><br>HIIT Adult Class<br>12:00-1:00pm<br><br>Zumba<br>7:00-8:00pm  | 4<br>Spin<br>6:00-7:00pm                                       | 5<br>Spin<br>5:15-6:15am<br><br>Adult Circuit<br>6:00-7:00pm  | 6<br>Orientation<br>2:00pm<br><br>Adult Circuit<br>12:00-1:00pm<br><br>Spin<br>6:00-7:00pm  | 7      |
| 10<br>Spin<br>5:15-6:15am<br><br>HIIT Adult Class<br>12:00-1:00pm                             | 11<br>Adult Circuit<br>12:00-1:00pm<br><br>Spin<br>6:00-7:00pm | 12<br>Spin<br>5:15-6:15am<br><br>Adult Circuit<br>6:00-7:00pm | 13<br>Orientation<br>2:00pm<br><br>Adult Circuit<br>12:00-1:00pm<br><br>Spin<br>6:00-7:00pm | 14     |
| 17<br>Spin<br>5:15-6:15am<br><br>Zumba<br>7:00-8:00pm                                         | 18<br>Adult Circuit<br>12:00-1:00pm<br><br>Spin<br>6:00-7:00pm | 19<br>Spin<br>5:15-6:15am<br><br>Adult Circuit<br>6:00-7:00pm | 20<br>Orientation<br>2:00pm<br><br>Adult Circuit<br>12:00-1:00pm<br><br>Spin<br>6:00-7:00pm | 21     |
| 24<br>Spin<br>5:15-6:15am<br><br>HIIT Adult Class<br>12:00-1:00pm<br><br>Zumba<br>7:00-8:00pm | 25<br>Adult Circuit<br>12:00-1:00pm<br><br>Spin<br>6:00-7:00pm | 26<br>Spin<br>5:15-6:15am<br><br>Zumba<br>7:00-8:00pm         | 27<br>Orientation<br>2:00pm<br><br>Adult Circuit<br>12:00-1:00pm<br><br>Spin<br>6:00-7:00pm | 28     |
| 31<br>Spin<br>5:15-6:15am<br><br>HIIT Adult Class<br>12:00-1:00pm<br><br>Zumba<br>6:30-8:00pm |                                                                |                                                               |                                                                                             |        |



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## Hours

Adult (M-F) 5am - 9am  
Seniors (M-F) 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

## Monthly Events

Just Move it in Lechee 8/4  
Biking event in Tuba City  
8/22

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 & endurance.

### Circuit with Elena

High intensity exercises promoting overall body strength and endurance.

### 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-based 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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