

September 2026

Tuba City Regional Health Care Center
Health promotion Disease Prevention Fitness Center Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Adult Circuit 12:00-1:00 PM Spin 6:00-7:00 PM	2 Spin 6:00-7:00 PM	3 Adult Circuit 12:00-1:00 PM Orientation 2:00 pm Functional Training 6:30-7:30 PM	4
7 Sorry We're CLOSED 	8 Adult Circuit 12:00-1:00 PM Spin 6:00-7:00 PM	9 Spin 6:00-7:00 PM	10 Adult Circuit 12:00-1:00 PM Orientation 2:00 pm Functional Training 6:30-7:30 PM	11 Remembering 9/11 
14 HIIT Adult Class 12:00-1:00 PM	15 Adult Circuit 12:00-1:00 PM Spin 6:00-7:00 PM	16 SPARK Night Take Charge 5:30-7:30 pm	17 Adult Circuit 12:00-1:00 PM Orientation 2:00 pm Functional Training 6:30-7:30 PM	18
21 HIIT Adult Class 12:00-1:00 PM Zumba 7:00-8:00 PM	22 Adult Circuit 12:00-1:00 PM Spin 6:00-7:00 PM	23 Spin 6:00-7:00 PM	24 Adult Circuit 12:00-1:00 PM Orientation 2:00 pm Functional Training 6:30-7:30 PM	25
28 HIIT Adult Class 12:00-1:00 PM Zumba 7:00-8:00 PM	29 Adult Circuit 12:00-1:00 PM Spin 6:00-7:00 PM	30 Spin 6:00-7:00 PM		

September 2026

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

Running Club every Monday & Wednesday at 5am.

Hiking @ Kendrick Mountain in Flagstaff 9/19

Biking @ Campbell Mesa to Walnut Meadow in Flagstaff 9/26

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.

Functional Strength Exercises (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.

High Intensity Interval Training (HIIT) with Laurynn

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

Functional Training with Laurynn

Functional Training is movements that helps you function for everyday life using compound movements.



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

