

Spooky

OCTOBER 2026



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

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Circuit 12:00-1:00 pm Orientation 2:00 pm Zumba 7:00-8:00 pm	2
5 Running Club 5:00 am Spin 5:15-6:15 am HIIT Adult Class 12:00-1:00 pm	6 Spin 6:00-7:00 pm	7 Running Club 5:00 am Spin 5:15-6:15 am	8 Orientation 2:00 pm Spin 6:00-7:00 pm	9 HIIT Adult Class 12:00-1:00 pm
12 Sorry We're CLOSED	13 Circuit 12:00-1:00 pm Spin 6:00-7:00 pm	14 Running Club 5:00 am Spin 5:15-6:15 am Functional Training 12:00-1:00 pm Zumba 7:00-8:00 pm	15 Circuit 12:00-1:00 pm Orientation 2:00 pm Spin 6:00-7:00 pm	16 Running Club 5:00 am
19 Running Club 5:00 am Spin 5:15-6:15 am Get Fit Challenge 6:00-8:00 pm	20 Circuit 12:00-1:00 pm Spin 6:00-7:00 pm	21 Running Club 5:00 am Spin 5:15-6:15 am Functional Training 12:00-1:00 pm	22 Orientation 2:00 pm Spin 6:00-7:00 pm	23
26 Running Club 5:00 am Spin 5:15-6:15 am HIIT Adult Class 12:00-1:00 pm Zumba 7:00-8:00 pm	27 Running Club 5:00 am Circuit 12:00-1:00 pm Spin 6:00-7:00 pm	28 Spin 5:15-6:15 am	29 Circuit 12:00-1:00 pm Orientation 2:00 pm Spin 6:00-7:00 pm	30

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

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

Get Fit Group Run 10/18

Get Fit Challenge 10/19

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 Exercise (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.



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 **HAPPY** 
HALLOWEEN