NOVEMBER 2026

Tuba City Regional Health Care Corporation

Health Promotion Disease Prevention Fitness Center Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
2 Spin 5:15-6:15 am Running Club 6:00pm Zumba 7:00-8:00 pm	3 Spin 6:00-7:00 pm	4 Running Club 6:00pm	5 Circuit 12:00-1:00 pm Orientation 2:00 pm Spin 6:00-7:00 pm	6
9 Spin 5:15-6:15 am Running Club 6:00pm	10 Spin 6:00-7:00 pm	11 	12 Circuit 12:00-1:00 pm Orientation 2:00 pm Running Club 6:00pm Spin 6:00-7:00 pm	13
16 Spin 5:15-6:15 am HIIT Adult Class 12:00-1:00pm Get Fit Challenge 6:00-8:00 pm	17 Circuit 12:00-1:00 pm Spin 6:00-7:00 pm	18 Spin 5:15-6:15 am Running Club 6:00pm	19 Circuit 12:00-1:00 pm Orientation 2:00 pm Spin 6:00-7:00 pm	20 Running Club 6:00pm
23 Spin 5:15-6:15 am Running Club 6:00pm Zumba 7:00-8:00 pm	24 Circuit 12:00-1:00 pm Spin 6:00-7:00 pm	25 Spin 5:15-6:15 am	26 	27
30 Spin 5:15-6:15 am HIIT Adult Class 12:00-1:00pm Running Club 6:00pm Zumba 7:00-8:00 pm				

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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

Diabetes Expo 11/10
Get Fit Group Run 11/15
Get Fit Challenge 11/16
Turkey Trot 11/21

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.



TCRHCC HEALTH PROMOTION DISEASE PREVENTION

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