



TSÉHOOTSOOÍ NAHATA'DZIIL NIHI DINE'É BÁ  
Medical Center Health Center Wellness Center  
Facilities of Fort Defiance Indian Hospital Board, Inc.



# BEGIN WITH **SPIN**

**JUMPSTART YOUR NEW YEAR!**

**Tuesdays & Thursdays**

**January 6<sup>th</sup> - February 26<sup>th</sup>**

**5:00 AM to 6:00 AM**

**Nihi Dine'é Bá Wellness Center  
Fort Defiance, Arizona**

*Spin or indoor cycling, is a low-impact cardio exercise that uses a stationary exercise bicycle to improve your endurance.*

- Pre-registration packets will be available at Nihi Dine'é Bá Wellness Center starting Dec 22<sup>nd</sup>
- Pre- and Post-assessments are required.
- Open to individuals 18 years and older.
- Limited to 10 participants.

**FOR MORE INFORMATION, CONTACT**

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*"To provide superior and compassionate healthcare to our community by raising the level of health, Hózhó, and quality of life"*

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