



NACA
NATIVE AMERICANS
FOR COMMUNITY ACTION

Native American Heritage Month NOVEMBER 2022

Upcoming Events

Roc Your Mocs Fitness Challenge Virtual Couch to 5k November 13th

We honor our ancestors and Indigenous peoples worldwide during Roc Your Mocs events, and commemorate National Native American Heritage Month! Scan QR Code to register:



Native Strong Week

NACA encourages you to Roc Your Mocs, at the **ROC YOUR MOC'S Virtual 2k/5k Walk-Run!** Scan the QR Code to register:

November 14 - 18, 2022

Monday 14	Traditional Belt/Sash Day
Tuesday 15	Indigenous Necklace Day
Wednesday 16	Traditional Attire Day
Thursday 17	Traditional Hair Day • Film Screening - "The Seeds Our Ancestors Planted"
Friday 18	Traditional Skirts and Aprons Day

NACA will be hosting their community-wide Coat and Frybread Taco Drive for Native American Heritage Month at the Cedar Plaza! 11/18/2022

NACA

For more information: www.nacainc.org
Tag us on social media @NACA Flagstaff with the hashtag #NACANativeStrong

Group Fitness Descriptions

(*30 minute class marked*)

Chair Stretch

30 minute head-to-toe recovery through a variety of stretch techniques and tools while seated from a chair!

Intro to Yoga

Learn the basics while connecting the mind and body through a moving meditation.

MMA

Practice self defense and heart elevating drills at our **NEWEST CLASS with DJ!**

Step

Begin with a dynamic warm-up, followed by active, choreographed cardiovascular exercises targeting different muscle groups.

Spin

An indoor cycling class that is fun, low impact, and a simple way to work out. Come meet Elyse, our newest instructor!

Super Circuit

Optimize weight loss while improving cardiovascular fitness and muscular strength through Interval Training

TRX

Try Suspension Training to develop strength, balance, flexibility, and core stability simultaneously.