

NOVEMBER 2022

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

GROUP FITNESS CLASSES		1	2	3	4	5
HEALTH EDUCATION CLASSES		11am Chair Stretch 4pm Intro to Yoga NLB 5:30-7pm	4pm Step	Wellness Center CLOSED in support of NACA RUL YOUTH SUMMIT GATHERING OF NATIVE AMERICANS		
ANNOUNCEMENTS						
COMMUNITY EVENTS						
6	7	8	9	10	11	12
	11am MMA 4pm Super Circuit 530 Intro to Yoga	11am Chair Stretch 4pm Intro to Yoga NLB 5:30-7pm	12pm Spin 4pm Step 530pm Spin HEALTHY HEART	4pm TRX	NACA CLOSED for Veterans Day	
13	14	15	16	17	18	19
ROCK YOUR MOCS COUCH TO 5K	11am MMA 4pm Super Circuit 530 Intro to Yoga	11am Chair Stretch 4pm Intro to Yoga NLB 5:30-7pm	12pm Spin 4pm Step 530pm Spin	10am - 3pm WC CLOSED 4pm TRX 6pm Film Screening	COMMUNITY FRYBREAD TACO & COAT DRIVE	
N A T I V E A M E R I C A N H E R I T A G E M O N T H C E L E B R A T I O N						
20	21	22	23	24	25	26
	11am MMA 4pm Super Circuit 530 Intro to Yoga	11am Chair Stretch 4pm Intro to Yoga NLB 5:30-7pm	12pm Spin NACA CLOSED 1pm-5pm	NACA CLOSED - FAMILY DAY HOLIDAY		
27	28	29	30	<div data-bbox="1255 1138 2041 1500" data-label="Text"> <p>Native Lifestyle Balance NLB is 16 week health education series available to help you reach your goals and achieve weight loss through healthy eating and physical activity. The Wellness Center is closed during this time.</p> </div>		
THROUGH JANUARY 7TH	11am MMA 4pm Super Circuit 530 Intro to Yoga	11am Chair Stretch 4pm Intro to Yoga NLB 5:30-7pm	12pm Spin DIABETES EXPO 3PM - 6PM			

Hours of Operation (MST)

Wellness Center: Monday -Thursday | 8am-7pm Friday | 8am-5pm
Family Health Center: Monday-Thursday | 8am-6pm Friday | 8am-5pm
Main Office: Monday-Friday | 8am-5pm Closed for lunch | 12-1pm