

JANUARY 2023

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1	2 NACA CLOSED	3 11am Chair Stretch 4:30pm TRX Yoga	4 12pm Spin 4pm Step 5:30pm Intro to Yoga	5 11am Chair Strength 4:30pm TRX	6	7
8	9 4pm Super Circuit	10 11am Chair Stretch 4:30pm TRX	11 12pm Spin 4pm Step	12 11am Chair Strength 4:30pm TRX	13	14
15	16 NACA CLOSED	17 11am Chair Stretch 4:30pm TRX	18 12pm Spin 4pm Step 5:30pm Intro to Yoga	19 11am Chair Strength 4:30pm TRX	20 DIABETES SELF-MANAGEMENT EDUCATION CLASS 8AM-2PM	21
22	23 4pm Super Circuit 5:30pm Intro to Yoga	24 11am Chair Stretch 4:30pm TRX Yoga	25 12pm Spin 4pm Step 5:30pm Intro to Yoga	26 11am Chair Strength 4:30pm TRX	27 WELLNESS CENTER CLOSED	28
29	30 4pm Super Circuit 5:30pm Intro to Yoga	31 11am Chair Stretch 4:30pm TRX Yoga	January is Resolution Month! Free Group Fitness Classes and Open Gym for the community. <u>All fitness memberships are Buy One Get One!</u>			

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

GROUP FITNESS CLASSES
HEALTH EDUCATION CLASSES
ANNOUNCEMENTS
COMMUNITY EVENTS

1500 E Cedar Ave Suite 52 | FLG, AZ 86004