


Upcoming Events

Diabetes Alert Day

Tune in via Zoom

March 28th from 11:00 am - 12:00 pm.

Join us on Zoom for a presentation on Diabetes Prevention and why it's important for you to know your risk. The presentation will be followed by a virtual workout session that can be done at home, led by one of our Wellness Center fitness instructors. A flyer with Zoom registration information will be emailed out and posted on NACA social media accounts.



NACA 4th Annual NACA Colon Cancer Awareness
NATIVE AMERICANS FOR COMMUNITY ACTION 5K Fun Run/Walk

DON'T SIT ON COLON CANCER

MARCH 18, 2023
First 50 registrants get a belt bag (Limited to 2 per household)

Free Registration at:
<https://bit.ly/NACAFunRun2023>

Online registration opens: February 20, 2023
In-Person Event: March 18, 2023, Buffalo Park, Flagstaff, AZ
Registration at 7:30 AM MST

Sponsored by:
THE UNIVERSITY OF ARIZONA
Cancer Center
Community Outreach & Engagement

L.I.F.E.O.
Lasting Indigenous Family Enrichment

Group Fitness Descriptions

30 minute classes

Chair Stretch & Strength

Head-to-toe movement through a variety of techniques and tools while seated from a chair!

Intro to Yoga

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

Spin

An energizing indoor cycling class that is low impact and a simple way to work out.

Step

Step to active, choreographed cardiovascular exercises targeting different muscle groups.

Super Circuit

Improve cardiovascular fitness and muscular strength through Interval Training.

TRX

Develop strength, balance, flexibility, and core stability simultaneously with Suspension Training.

TRX Yoga

Combine standard TRX training with the dynamic stretch and flow of Yoga.