

Upcoming Events

Missing and Murdered Indigenous Women Awareness Event

Friday, May 5th

Community Walk and Prayer at 8am. After, continue self-care or conversation with us at the Wellness Center.

Spring into Summer Hiking Series At McMillian Mesa

Saturday, May 13th at 7:30am (MST)

Welcome back Hikers! Join us for a moderate, guided hike to kick off the hiking season. Scan the QR Code with Smart Phone Camera to register.



Garden Kick Off At Hal Jensen Rec Center

Saturday, May 13th at 10am

The Lasting Indigenous Family Enrichment Program invites you and the family to our newest garden beds for an afternoon of sunshine and fun.

Community Class Descriptions

All ages welcome - Registration required - Parents must be in attendance.

Beading Circle

The Lasting Indigenous Family Enrichment Program invites our community to share their craft and creativity! Join us at the Hopi Conference Room to finalize projects.

Diabetes Self-Care and Management Education Class

Learn about the ADCES 7 Self-Care behaviors for a proactive approach to managing diabetes. Contact our Health Coaches to register.

Run for Renewal | SMPR Running Program

Participants are invited to weekly in-person meet-ups, at the Wellness Center, for additional information on nutrition, traditional running, and more! Zoom Available.

Strong Spirit, Strong Heart (SSSH)

Gain the knowledge to prevent diabetes by achieving weight loss through healthy eating and physical activity. Over the course of 8 weeks we will explore the different tools to optimize our wellness and reach our healthy living goals!

Group Fitness Descriptions

30 minute classes

Intro to Yoga

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

Pow Wow Sweat

An online video series that breaks down six traditional dances into step-by-step exercise routines.

Spin

Temporarily Canceled.

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.