



JANUARY 2024

SUN	MON	TUE	WED	THU	FRI	SAT
	1 NACA CLOSED	2 4pm TRX	3 12pm Spin 4pm Step 530pm SSSH	4 1pm safeTALK 4pm TRX 530pm Honor Your Heart	5 12pm Yoga	6
7	8 4pm Super Circuit 430pm PowWow S. 5pm Spin 6pm Yoga	9 4pm TRX 530pm NFFL	10 12pm Spin 4pm Step 530pm SSSH	11 4pm TRX Yoga 530pm Honor Your Heart 530pm Shoe Game	12	13
14	15 NACA CLOSED	16 4pm TRX 530pm DSME	17 12pm Spin 4pm Step 530pm SSSH	18 4pm TRX 530pm Honor Your Heart 530pm Shoe Game	19	20
21	22 4pm Super Circuit 430pm PowWow S. 5pm Spin	23 4pm TRX 530pm DSME	24 12pm Spin 4pm Step 530pm SSSH	25 4pm TRX Yoga 530pm Honor Your Heart	26 12pm Yoga	27
28	29 4pm Super Circuit 430pm PowWow S. 5pm Spin 6pm Yoga	30 4pm TRX 530pm DSME	31 12pm Spin 4pm Step 530pm SSSH	Group Fitness Classes Health Education Classes Announcements L.I.F.E. Community Events		