



# FEBRUARY 2024

SUN	MON	TUE	WED	THU	FRI	SAT
<p><b>Group Fitness Classes</b>  <b>Health Education Classes</b>  <b>Announcements</b>  <b>L.I.F.E. Community Events</b></p>				1 4pm TRX Yoga	2 12pm Yoga	3
4	5 4pm Super Circuit 530pm Spin	6 4pm TRX 530pm DSME	7 12pm Spin 4pm Step 530pm SSSH	8 4pm TRX Yoga 530pm Honor Your Heart 530pm Run 4 Renewal	9 12pm Yoga	10
11	12 4pm Super Circuit 530pm Yoga	13 4pm TRX 530pm DSME	14 12pm Spin 4pm Step 530pm Beading Circle	15 4pm TRX Yoga 530pm Honor Your Heart 530pm Run 4 Renewal	16 12pm Yoga Navajo Shoe Game 5:30-8pm	17
18	19 NACA CLOSED	20 WC CLOSED 11am-2pm 4pm TRX 530pm DSME	21 12pm Spin 4pm Step 530pm Beading Circle	22 4pm TRX Yoga 530pm Honor Your Heart 530pm Run 4 Renewal	23 12pm Yoga	24
25	26 4pm Super Circuit 530pm Yoga	27 4pm TRX 530pm DSME	28 12pm Spin 4pm Step 530pm Beading Circle	29 4pm TRX Yoga 530pm Honor Your Heart 530pm Run 4 Renewal	<p><b>L.I.F.E.</b>  <b>Lasting Indigenous Family Enrichment</b></p>	