

JANUARY 2025

SUN	MON	TUE	WED	THU	FRI	SAT
<p>Group Fitness Classes</p> <p>Health Education Classes</p> <p>Announcements</p> <p>L.I.F.E. Community Events</p>			<p>1</p> <p>NACA CLOSED</p>	2	3	4
5	<p>6</p> <p>4pm Super Circuit 5:30pm Intro Yoga</p>	<p>7</p> <p>4pm TRX</p>	<p>8</p> <p>12pm Spin 4pm Run Conditioning 5:30pm Spin 5:30 Honor Your Heart</p>	<p>9</p> <p>4pm TRX Yoga</p>	<p>10</p> <p>12pm Intro Yoga</p>	11
12	<p>13</p> <p>4pm Super Circuit 5:30pm Intro Yoga</p>	<p>14</p> <p>4pm TRX</p>	<p>15</p> <p>12pm Spin 4pm Run Conditioning 5:30pm Spin 5:30 Honor Your Heart</p>	<p>16</p> <p>4pm TRX Yoga</p>	<p>17</p> <p>12pm Intro Yoga</p>	18
19	<p>20</p> <p>NACA CLOSED</p>	<p>21</p> <p>4pm TRX 5:30pm DSME</p>	<p>22</p> <p>12pm Spin 4pm Run Conditioning 5:30pm Spin 5:30 Honor Your Heart</p>	<p>23</p> <p>4pm TRX Yoga</p>	<p>24</p> <p>12pm Intro Yoga</p>	25
26	<p>27</p> <p>4pm Super Circuit 5:30pm Intro Yoga</p>	<p>28</p> <p>4pm TRX 5:30pm DSME</p>	<p>29</p> <p>12pm Spin 4pm Run Conditioning 5:30pm Spin 5:30 Honor Your Heart</p>	<p>30</p> <p>4pm TRX Yoga</p>	<p>31</p> <p>12pm Intro Yoga</p>	