

# AUGUST 2025

SUN	MON	TUE	WED	THU	FRI	SAT
<b>Group Fitness Classes</b> <b>Health Education Classes</b> <b>Announcements</b> <b>L.I.F.E. Community Events</b>					<b>1</b> 11am Garden Work 12pm Intro Yoga	<b>2</b> <b>At Picture Canyon</b> <b>6am   Back to</b> <b>School Blessing</b> <b>730am   Spring into</b> <b>Summer Hiking</b> <b>Series</b>
<b>3</b>	<b>4</b> 4pm Super Circuit	<b>5</b> 4pm TRX 5:15pm Garden Work	<b>6</b> 4pm Strength Conditioning 5:30 Intro Yoga	<b>7</b> <b>NACA Closed for</b> <b>Staff Development</b>	<b>8</b> 11am Garden Work 12pm Spin <b>12- 4pm   safeTALK</b>	<b>9</b> 
<b>10</b>	<b>11</b> 4pm Super Circuit	<b>12</b> 4pm TRX 5:15pm Garden Work	<b>13</b> 4pm Strength Conditioning 5:30pm Intro Yoga 5:30pm Honor Your Heart on Zoom	<b>14</b> 4pm TRX Yoga 5:15pm Garden Work	<b>15</b> 11am Garden Work 12pm Intro Yoga	<b>16</b> <b>8-3:30pm (MST)</b> <b>Living Well with</b> <b>Diabetes</b>
<b>17</b>	<b>18</b> 4pm Super Circuit	<b>19</b> 4pm TRX 5:15pm Garden Work <b>5:30-6:30pm Healing</b> <b>through Traditions</b>	<b>20</b> 4pm Strength Conditioning 5:30pm Intro Yoga 5:30pm Honor Your Heart on Zoom	<b>21</b> 4pm TRX Yoga 5:15pm Garden Work	<b>22</b> 11am Garden Work 12pm Spin	<b>23</b>
<b>24</b>	<b>25</b> 4pm Super Circuit	<b>26</b> 4pm TRX 5:15pm Garden Work	<b>27</b> 4pm Strength Conditioning 5:30pm Intro Yoga 5:30pm Honor Your Heart on Zoom	<b>28</b> 4pm TRX Yoga 5:15pm Garden Work	<b>29</b> 11am Garden Work 12pm Intro Yoga	<b>30</b>