

# N O V E M B E R 2 0 2 5

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>  <b>Girls On The Run</b> <b>Buffalo Park</b>
<b>2</b>	<b>3</b>  4pm Super Circuit 5:30pm Native Food For Life Online	<b>4</b>  4pm TRX	<b>5</b>  4pm Strength Conditioning 5:30pm Strong Spirit, Strong Heart	<b>6</b>  4pm TRX Yoga 5:30pm Run 4 Renewal	<b>7</b>  12pm Intro Yoga	<b>8</b>
<b>9</b> <b>S</b> <b>T</b> <b>A</b> <b>R</b> <b>T</b>	 <b>10</b>  <b>Mammogram</b> <b>Screening *By Appt*</b> 4pm Super Circuit 5:30pm Native Food For Life Online	<b>11</b>  <b>NACA CLOSED</b>	<b>12</b>  4pm Strength Conditioning 5:30pm Strong Spirit, Strong Heart	<b>13</b>  4pm TRX Yoga 5:30pm Run 4 Renewal	<b>14</b>  <b>WELLNESS CENTER</b> <b>CLOSED 10-3pm</b>	<b>15</b>  <b>1-3pm (MST)</b> <b>Garden</b> <b>Winterizing</b> <b>Workshop at Hal</b> <b>Jensen Rec Center</b>
<<V I R T U A L R O C K Y O U R M O C S 2 K / 5 K / 1 0 K W A L K / R U N >>						
<b>16</b>	<b>17</b>  4pm Super Circuit 5:30pm Native Food For Life Online	<b>18</b>  4pm TRX	<b>19</b>  4pm Strength Conditioning 5:30pm Strong Spirit, Strong Heart	<b>20</b>  4pm TRX Yoga	<b>21</b>  12pm Intro Yoga	<b>22</b>
<b>23 / 30</b>	<b>24 / 31</b>  4pm Super Circuit 5:30pm Native Food For Life Online	<b>25</b>  4pm TRX	<b>26</b>  <b>NACA CLOSED AT 12PM</b>	<b>27</b>  <b>NACA CLOSED</b>	<b>28</b>  <b>NACA CLOSED</b>	<b>29</b>