

HEALTH PROMOTION NEWSLETTER

NOVEMBER 2025

HOURS OF OPERATION (MST)

Wellness Center

Monday -Thursday | 8am-7pm Friday | 8am-5pm

Family Health Center

Monday-Thursday | 8am-6pm Friday | 8am-5pm

Main Office

Monday-Friday | 8am-5pm

Closed for lunch | 12-1pm

UPCOMING EVENTS

SAVE THE DATE - Archery Tag

Saturday, December 6th | Time To Be Determined (MST)

Killip Elementary Gym | 2300 E 6th Ave, Flagstaff, AZ 86004

Discover the art and excitement of archery! Whether you're a first-time shooter or a seasoned archer, this event offers something for everyone. All are welcome to play.

Scan the QR Code for more information or to RSVP .



COMMUNITY EVENTS & CLASSES

Rock Your Mocs

November 9th - 15th

Virtual 2k/5k/10k Walk & Run

During Native American Heritage Month, we enjoy honoring our Ancestors and Indigenous People worldwide by hosting a Roc Your Mocs Community Event. Scan QR Code to register you and your family today!

SHARE YOUR WALK / RUN ON FACEBOOK FOR A ROC YOUR MOCS PIN!



Garden Winterizing Workshop

Saturday, November 15th | 1-3pm (MST)

At Hal Jensen Rec Center | 2403 N Izabel St

Come and join us at the Hal Jensen Rec Center for our last gardening event of the year in collaboration with the Flagstaff Sustainability Office. Discover how to prepare your garden beds for winter and experiment with planting various flower bulbs for a beautiful spring!

Scan QR Code above to RSVP.

GROUP FITNESS DESCRIPTIONS

Super Circuit	Improve cardiovascular fitness and muscular strength through Interval Training.	Develop strength, balance, and core stability simultaneously with Suspension Training.	TRX
Spin	An energizing indoor cycling class that is low impact and a simple way to work out.	An introduction to connecting the mind and body through active movement and meditation.	Intro Yoga
Strength Conditioning	Learn to target large and small muscles groups by implementing various techniques to tone and sculpt the body using body weight and equipment.	Combine standard TRX training with the dynamic stretch and flow of Yoga.	TRX Yoga



CONTACT THE WELLNESS CENTER TO REGISTER FOR HEALTH EDUCATION CLASSES | 928 - 773 -1245 X221