

DECEMBER 2025

SUN	MON	TUE	WED	THU	FRI	SAT
	1 4pm Super Circuit 5:30pm Native Food For Life Online	2 4pm TRX	3 4pm Strength Conditioning	4 4pm TRX Yoga	5 12pm Intro Yoga	6 Archery Games at Killip Elementary (1-4pm) MST RSVP with QR Code
7	8 4pm Super Circuit 5:30pm Native Food For Life Online	9 1-5pm Mammogram Screening *By Appt 4pm TRX 6pm Open Drum Group	10 8-5pm Mammogram Screening *By Appt 4pm Strength Conditioning	11 WELLNESS CENTER CLOSED AT 10AM	12 12pm Spin*	13 
14	15 4pm Super Circuit 5:30pm Intro Yoga	16 4pm TRX	17 4pm Strength Conditioning	18 WELLNESS CENTER CLOSED AT 3PM FOR NACA CHRISTMAS CELEBRATION	19 12pm Intro Yoga	20
21	22 4pm Super Circuit 5:30pm Intro Yoga	23 4pm TRX	24 NACA CLOSED AT 12PM	25 NACA CLOSED	26 12pm Spin*	27
28	29 4pm Super Circuit 5:30pm Intro Yoga	30 4pm TRX	31 NACA CLOSED AT 5PM	JANUARY 1ST NACA CLOSED	Group Fitness Classes Health Education Classes Announcements L.I.F.E. Community Events	