

HEALTH PROMOTION NEWSLETTER

DECEMBER 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

NACA Christmas Celebration

December 18th | 5- 7:30pm (MST) | At the NACA Wellness Center

Santa is making a special stop at the NACA on December 18th! Families are invited to join us for photos with Santa, holiday snacks, and a make-your-own ornament activity.

COMMUNITY EVENTS & CLASSES

Archery Games

Saturday, December 6th | 1-4pm (MST)

Killip Elementary Gym | 2300 E 6th Ave FLG, AZ

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 Beading Circle

January 6th - February 3rd | 5:30- 6:45pm (MST)

At the NACA Wellness Center

Join our L.I.F.E. program on Tuesday nights for a 5-week beading class that is open to all skill levels. Come learn the flat stitch beading and loom method to make your very own beaded item! Class is limited to 15 participants - scan QR code to RSVP.

GROUP FITNESS DESCRIPTIONS

Super Circuit

Improve cardiovascular fitness and muscular strength through Interval Training.

Spin

An energizing indoor cycling class that is low impact and a simple way to work out. VIDEO*

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.



Develop strength, balance, and core stability simultaneously with Suspension Training.

TRX

An introduction to connecting the mind and body through active movement and meditation.

Intro Yoga

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