

January | Yas Nilt'ees | Paamuya

SUN	MON	TUE	WED	THU	FRI	SAT
Group Fitness Classes Free Health Education Classes L.I.F.E. Community Events Announcements				1 NACA CLOSED	2 12pm Spin	3
4	5 4pm Super Circuit	6 4pm TRX 5:30pm Beading Circle 6pm Drum Circle	7 4pm Strength Conditioning	8 4pm TRX Yoga	9 12pm Intro Yoga	10
11	12 4pm Super Circuit 5:30pm Intro Yoga	13 4pm TRX 5:30pm Beading Circle	14 4pm Strength Conditioning	15 4pm TRX Yoga	16 12pm Spin	17 NACA Pathways Késhjée Navajo Shoe Game - For more information contact Kateri, at KSlim@nacainc.org .
18	19 NACA CLOSED	20 4pm TRX 5:30pm Beading Circle 6pm Drum Circle	21 4pm Strength Conditioning	22 4pm TRX Yoga	23 12pm Intro Yoga	24
25	26 4pm Super Circuit 5:30pm Intro Yoga	27 4pm TRX 5:30pm Beading Circle	28 4pm Strength Conditioning	29 4pm TRX Yoga	30 12pm Spin	31

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