

AUGUST | AGOSTO | BINIANT'AATS'OZI | TALA'PAAMUYA

SUN	MON	TUE	WED	THU	FRI	SAT
Save the Dates! September 25th - Tie Dye (T&R) September 26th - Fall Harvest Celebration September 30th - Truth and Reconciliation (T&R) Awareness Walk October 7th - What Can I Eat?					Group Fitness Classes Health Education Classes Announcements L.I.F.E. Community Events	
						1 6am Back To School Blessing at Hal Jensen Rec Center 730am Spring into Sumer Hiking Series at McMillan Mesa
2	3 4pm TRX	4 4pm Super Circuit	5 4pm Zumba	6 NACA CLOSED FOR STAFF DEVELOPMENT	7 12pm Intro Yoga	8 
9	10 4pm TRX	11 4pm Super Circuit	12 4pm Zumba	13 4pm TRX Yoga	14 12pm Intro Yoga	15
16 	17 4pm TRX 6-7:15pm Community Cooking Class #5	18 4pm Super Circuit	19 4pm Zumba 5:30pm Honor Your Heart	20	21 12pm Strength Conditioning	22
23	24 4pm TRX	25 4pm Super Circuit	26 4pm Zumba 5:30pm Honor Your Heart	27 4pm TRX Yoga	28 12pm Intro Yoga	29