

SEPTEMBER | SEPTIEMBRE | BINI'ANT'AATSOH | NASANMUYA

SUN	MON	TUE	WED	THU	FRI	SAT
Group Fitness Classes Health Education Classes Announcements L.I.F.E. Community Events		1 4pm Super Circuit	2 4pm Zumba 5:30pm Honor Your Heart	3 4pm Strength Conditioning	4 12pm Strength Conditioning	5 
6	7 NACA CLOSED	8 4pm Super Circuit	9 4pm Zumba 5:30pm Honor Your Heart	10 1pm GYM CLOSED 3-7pm NACA OPEN HOUSE	11 12pm Intro Yoga	12 7:30am Spring into Summer Hiking Series with Reach Ur Life at Aspen Loop Nature Trail
13	14 4pm TRX	15 4pm Super Circuit	16 4pm Zumba 5:30pm Honor Your Heart	17 4pm Strength Conditioning	18 12pm Strength Conditioning	19 8-3:30pm Living Well With Diabetes at NACA Wellness Center 
20	21 4pm TRX	22 4pm Super Circuit	23 4pm Zumba 5:30pm Honor Your Heart	24 4pm TRX Yoga	25 12pm Intro Yoga 1-5pm Truth and Reconciliation Orange T-Shirt Tie Dye	26 10am-1pm Fall Harvest Celebration at Hal Jensen Rec Center
27	28 4pm TRX	29 10am-1:30pm GYM CLOSED FOR STAFF DEVELOPMENT 4pm Super Circuit	30 8:30am Truth and Reconciliation Awareness Walk 4pm Zumba	OCOTBER 1	 RSVP with QR Code	