



# REJUVENATION WEEK 2017

In celebration and recognition of National Nutrition Month and Rejuvenation Week, the NACA Health Promotion Team is opening its doors to the community to participate in free workshops and services throughout the month of March.

Please join us in a variety of group fitness classes offered at no cost from March 27th to March 31st.

## Rejuvenation Week Mar. 27 - Mar. 31 – Group Fitness & Special Events

	Monday Mar. 27	Tuesday Mar. 28	Wednesday Mar. 29	Thursday Mar. 30	Friday Mar. 31
A M	<b>8AM</b> Spinning <b>10AM</b> Yoga	<b>9:30AM</b> Running Strong <b>10AM - 12PM</b> Diabetes Alert Day Call to schedule your <b>FREE</b> health screening. (928) 773-1245	<b>10AM</b> Yoga	<b>8:30AM</b> Barre Sculpt	<b>8AM</b> Zumba
P M	<b>12PM</b> Line Dancing <b>12PM</b> Journaling w/ Deb <b>5PM</b> Talking Circle <b>5:30PM</b> TRX RIP <b>6PM</b> Testimonial w/ Carrie <b>6:30PM</b> Functional	<b>12PM - 4PM</b> Diabetes Alert Day <b>12PM</b> Barre Sculpt <b>4PM</b> Tai Chi <b>5PM</b> Kung Fu Conditioning <b>6:30PM</b> HIIT	<b>12PM</b> Gracie <b>5:30PM</b> Line Dance <b>6PM</b> Journaling w/ Deb <b>6:30PM</b> Hardcore Abs	<b>12PM</b> Hardcore Abs <b>4PM</b> Tai Chi <b>5PM</b> KungFu Conditioning <b>5:30PM</b> What is Living Lean? <b>6PM</b> TRX RIP <b>6:30PM</b> Financial Wellness Workshop	<b>12PM</b> Cardio Kickboxing <b>3PM</b> Indoor Gardening

Visit <http://ow.ly/K3D3309uzU7> to view or download our PDF calendar of events.



Tune in to KAFF Radio 93.5FM and AM930 March 6, 14, and 16 at 7:15am to All Things Flagstaff with Peter Bruce and get tips on improving *Your* health!

Your participation enters you into a raffle to win free admission to **Flagstaff Extreme Adventure Course** or gift cards to shop at **Sprouts, Fry's and Peak Sweets!**

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