

Zuni Healthy Lifestyles August 2018 Community Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>August Commemoratives</i>						
<p>Family Fun Month</p> <p>National Hug or Smile Month</p> <p>National Literacy Month</p> <p>International Breastfeeding Month</p> <p>National Data Entry Month</p> <p>National Immunization Awareness Month</p> <p>American Adventures Month</p> <p>Happiness Happens Month</p>	<p>Family Eye Care and Foot Health Month</p> <p>National Parks Month</p> <p>Little League Baseball Month</p> <p>National Napping Month</p> <p>Architecture Month</p> <p>National Back to School Month</p> <p>Get Ready for Kindergarten Month</p> <p>Win with Civility Month</p>		<p>5:30pm Buns & Guns @ Fitness Place</p> <p>6pm World Breastfeeding Zumba/Walk @ WIC/HLP</p>	<p>12pm Yoga @ Fitness Place</p> <p>11:30-1:30pm Salad Bar @ Old WIC Office</p> <p>5:30pm HardKore Circuit @ Fitness Place</p>	<p>12pm Spinning @ Fitness Place</p> <p>5:30pm Strength/Core @ Fitness Place</p>	 <p>IT NEVER GETS EASIER YOU JUST GET BETTER</p>
	<p>12pm Total Body Circuit @ Fitness Place</p> <p>5:30pm Crossfit-ish @ Fitness Place</p>	<p>12pm Strength/Endurance @ Fitness Place</p> <p>5:30pm Total Body @ Fitness Place</p> <p>7pm Walk/Run @ Eagle Trail (Meet @ Pia Mesa)</p>	<p>12pm Lower Body Workout @ Fitness Place</p> <p>5:30pm Buns & Guns @ Fitness Place</p>	<p>12pm Yoga @ Fitness Place</p> <p>5:30pm Hardkore Circuit @ Fitness Place</p>	<p>12pm SpinFlex @ Fitness Place</p> <p>5:30pm Strength/Endurance @ Fitness Place</p>	<p>12pm Power Circuit @ Fitness Place</p>
	<p>12pm Total Body Circuit @ Fitness Place</p> <p>5:30pm Crossfit-ish @ Fitness Place</p> <p>6:30pm Z-Mix @ Fitness Place</p>	<p>12pm Spinning @ Fitness Place</p> <p>5:30pm Total Body @ Fitness Place</p> <p>7pm Walk/Run @ K'yawaina Trail (Black Rock Dam)</p>	<p>12pm Group Strength/Cardio @ Fitness Place</p> <p>12pm Walk/Run @ WIC/HLP</p> <p>5:30pm Buns & Guns @ Fitness Place</p>	<p>12pm Yoga @ Fitness Place</p> <p>5:30pm Maxxfit @ Fitness Place</p>	<p>12pm Buns & Guns @ Fitness Place</p>	<p>12pm Power Circuit @ Fitness Place</p>  <p>STRENGTH DOESN'T COME FROM WHAT YOU CAN DO. IT COMES FROM OVERCOMING THE THINGS YOU ONCE THOUGHT YOU COULDN'T.</p>
<p>Instructor Legend</p> <p>Chasity</p> <p>Matt</p> <p>Tara</p> <p>Thomas</p> <p>Andrea</p> <p>Vandon</p> <p>Carolyn</p> <p>Rick</p>	<p>12pm Total Body Circuit @ Fitness Place</p> <p>5:30pm Crossfit-ish @ Fitness Place</p> <p>6:30pm Z-Mix @ Fitness Place</p>	<p>12pm Strength/Endurance @ Fitness Place</p> <p>5:30pm Total Body @ Fitness Place</p> <p>7pm Walk/Run @ Bear Trail</p>	<p>12pm Core Fusion @ Fitness Place</p> <p>12pm Walk/Run @ WIC/HLP</p> <p>5:30pm Buns & Guns @ Fitness Place</p>	<p>12pm Step/Core @ Fitness Place</p> <p>5:30pm HardKore Circuit @ Fitness Place</p> <p>5:30pm Black Bean Chicken Tacos @ HLP</p>	<p>12pm SpinFlex @ Fitness Place</p> <p>5:30pm Strength/Core @ Fitness Place</p>	<p>I MAY NOT BE THE FITTEST</p> <p>I MAY NOT BE THE STRONGEST</p> <p>BUT I'LL BE DAMNED IF I'M NOT TRYING MY HARDEST</p> 
	<p>12pm Total Body Circuit @ Fitness Place</p> <p>5:30pm Crossfit-ish @ Fitness Place</p> <p>6:30pm Z-Mix @ Fitness Place</p>	<p>12pm Core Circuit @ Fitness Place</p> <p>5:30pm YLD Total Body @ Fitness Place</p> <p>7pm Walk/Run @ Wolf Trail</p>	<p>12pm Lower Body Workout @ Fitness Place</p> <p>12pm Walk/Run @ WIC/HLP</p> <p>2pm YLD Tai Chi @ Senior Center</p> <p>5:30pm Buns & Guns @ Fitness Place</p>	<p>12pm Yoga @ Fitness Place</p> <p>5:30pm YLD Walk/Run @ ZMS</p>  	<p>12pm SpinFlex @ Fitness Place</p> <p>5:30pm YLD Spinning @ Fitness Place</p> <p>5:30pm YLD Zumba Parking Lot Party</p>	<p>54th Annual Zuni Tribal Fair</p> <p>(Aug. 30 - Sept. 3)</p> 