

November

EXERCISING TO PREVENT DIABETES & OBESITY

2023

PHONE: 575-854-2642

Wellness Center Monthly Calendar

WELLNESS CENTER GOAL: TO IMPROVE THE OVERALL PHYSICAL HEALTH OF STUDENTS AT ALAMO COMMUNITY SCHOOL & EARLY CHILDHOOD AS WELL AS THE COMMUNITY

ALAMO NAVAJO
COMMUNITY WELLNESS CENTER



**SPIN CLASS AVAILABLE UPON REQUEST

**PERSONAL FITNESS INSTRUCTORS AVAILABLE

Youth Basketball League Register NOW!

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Men's Basketball	2 Co-Ed Volleyball 5:00 – 7:00 pm	3
6	7 Women's Basketball	8 Men's Basketball	9 Co-Ed Volleyball 5:00 – 7:00 pm	10 Holiday
13 Holiday	14 Women's Basketball	15 Walk-In Vaccine Clinic-GYM Men's Basketball@ 5:30pm	16 Co-Ed Volleyball 5:00 – 7:00 pm	17
20	21 Women's Basketball	22 Men's Basketball	23 	24 Holiday
27 Trot Off Your Turkey 	28 Women's Basketball	29 Men's Basketball		