Nisqually Health Fitness & Nutrition

NOVEMBER

Yoga:
Elders @ 10:30AM
Fitness Center @ 12PM
Mon & Wed

Dance Fitness
Fitness Center @12PM
Tuesdays

2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Yoga	3	4 Yoga MEAL PREP	5	6 Mental Health Night @6PM Location: Youth Center	7
8	9	10 Dance Fitness	Holiday Closure	12	13	14
15	16 Yoga	17 Dance Fitness	18 Yoga MEAL PREP	19	20	21
22	23 Yoga	24 Dance Fitness	25 Early Release MEAL PREP	26 Holiday Closure	27 Holiday Closure	28
29	30					

Contact: HealthFitness@nisqually-nsn.gov

Fitness Center Address: 1937 Lashi St SE Olympia, WA 98513

Phone: (360) 455-5213