

# Wak'ishwi

New Name. Same Ambition.

# August 2018



<u>Monday-Friday</u>	Sun	Mon	Tue	Wed	Thu	Fri	Sat
6:10am-6:50am: H.I.I.T							
7:10am-7:50am: Tai Chi							
8:00am-8:40am: Chair Fitness				1	2	Fun Friday 3	4
9:10am-9:50am: Yoga						Walk 8am-1pm	
10:00am-10:20am: Tabata							
11:00am-11:45am: Zumba & PoundFit	5	6	7	8	9	10	11
12:00pm-12:50pm: Tabata/Step Up & Burn							
1:00pm-1:50pm: Chair Fitness	12	13	14	15	Backpack Walk 8am-1pm	16	17
2:00pm-2:50pm: Run Club						Color This Walk! 8am-1pm	18
3:10pm-3:50pm: Yoga							
5:10pm-5:50pm: Total Body	19	20	21	22	23	24	25
(M.W.F) 12p Tabata							
(T.Th) 12p Step							
<u>White Swan Community Ctr</u>	26	27	28	29	30	31	
12-1pm: Circuit						Just Keep Movin' Walk 8am-1pm	
<u>Wanity Dining (Mon/Wed)</u>							
10:30am-11:00am: Chair Fitness							
<u>Foster Retirement (Tues/Thurs)</u>							
2:30-3:00pm: Chair Fitness							

HOURS:  
 Mon-Thurs: 6:00am-7:00pm  
 Friday: 6:00am-6:00pm  
 Saturday: 8:00am-12:00pm

ADDRESS:  
 94 Wishpoosh Road  
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