

## FITNESS CLASSES

### Monday-Friday

H.I.I.T	6:10-6:50a
Tai Chi	7:10-7:50a
(no Tai Chi on 7/12 & 7/19)	
Chair Fitness	8:00-8:40a
Yoga	9:10-9:50a
Tabata	10:00-10:20a
Zumba/Pound Fit	11:00-11:45a
Tabata (Mon., Wed., Fri.)	12:00p
Step & Burn (Tue., Thur.)	12:00p
Chair Fitness	1:00-1:50p
Run Club	2:00-2:50p
Yoga	3:10-3:50p
Total Body	5:10-5:50p
Walking Club	5:15-6:15p
(Fridays 5-5:45p)	

### White Swan Community Ctr.

12:00-1:00p Circuit (Mon.-Fri.)

### Wanity Dining (Mon., Wed)

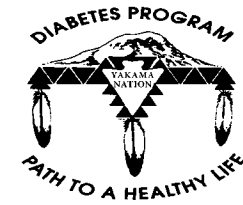
10:30-11:00a Chair Fitness

### Foster Retirement (Tue., Thur)

2:30p-3:00p Chair Fitness



Schedule subject to change at the  
discretion of the Program.

# July 2018



Take a Break ... Walk for Good Health!



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Stop Wishing Start Doing.	2	3	4 	5 Nutrition Classes July 5, 12th, 19th @ Diabetes Center, 7a	6	7
8	9	10	11	12 9a-1p Summer Days 1-mile Run/Walk @ Y.N. R.V. Park	13	14
15 Eat Healthy Be Healthy.	16	17	18	19 9a-1p Summer Days 1-mile Run/Walk @ Y.N. R.V. Park	20	21
22	23	24	25	26 9a-1p Summer Days 1-mile Run/Walk @ Y.N. R.V. Park	27 4p-7p Family Fun Fit Night@R.V.	28
29 The Secret... Keep Going.	30	31	<u>JULY STAR PARTICIPANTS</u>			
			<b>SARA TORRES</b>			<b>ALEX MENINICK</b>



Yakama Nation Diabetes Program

#### HOURS:

Monday-Thursday 6:00am-7:00pm  
Friday 6:00am-7:00pm  
Saturday 8:00am-12:00pm

#### ADDRESS:

94 Wishpoosh Road  
P.O. Box 151  
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