

Yakama Nation Diabetes Program



March 2017

Su	Mon	Tue	Wed	Thu	Fri	Sa		
	BUSINESS INFO 94 Wishpoosh Road/P.O. Box 151 Toppenish, WA 98948 Phone: 509-865-5121, ext. 6757 Fax: 509-865-8986		Star Participants¹ Tincer Mitchell Cheyenne Lewis	2		3	4	
5	6	7	8	9	10	11		
12	13		14	15	16	 Happy St. Patrick's Day !	17	18
19	20	21	22	23	24	25		
26	27	28	29	30	Hours Mon-Thur 6:00a-7:00p Fri 6:00a-6:00p	31		

Monday		Tuesday		Wednesday		Thursday		Friday	
Center	Off-Site	Fit. Center	Off-Site	Fit Center	Off-Site	Fit. Center	Off-Site	Fit. Center	Off-Site
Fit & Fierce 6:00-6:45a		Fit & Fierce 6:00-6:45a		Fit & Fierce 6:00-6:45a		Fit & Fierce 6:00-6:45a		Fit & Fierce 6:00-6:45a	*Pool classes are postponed until further notice. Sauna is still in use for scheduled times
Zumba 7:00-7:45a		Zumba 7:00-7:45a		Zumba 7:00-7:45a		Zumba 7:00-7:45a		Zumba 7:00-7:45a	
Chair Fit. 8:00-8:40a		Chair Fit. 8:00-8:40a		Chair Fit. 8:00-8:40a		Chair Fit. 8:00-8:40a		Chair Fit. 8:00-8:40a	
Body Works 8:45-9:05a	Aqua Walking 9:00-10:00a	Body Works 8:45-9:05a	Aqua Walking 9:00-10:00a	Body Works 8:45-9:05a	Aqua Walking 9:00-10:00a	Body Works 8:45-9:05a	Aqua Walking 9:00-10:00a	Body Works 8:45-9:05a	Aqua Walking 9:00-10:00a
Yoga 9:10-9:50a	55+ Swim 10:00-11:00a	Yoga 9:10-9:50a	55+ Swim 10:00-11:00a	Yoga 9:10-9:50a	55+ Swim 10:00-11:00a	Yoga 9:10-9:50a	55+ Swim 10:00-11:00a	Yoga 9:10-9:50a	55+ Swim 10:00-11:00a
Zumba 10:00-10:45a	Chair Fit. @Wanity 10:30-11:00a	Zumba 10:00-10:45a	Chair Fit. @Foster 10:30-11:00a	Zumba 10:00-10:45a	Chair Fit. @Wanity 10:30-11:00a	Zumba 10:00-10:45a	Chair Fit. @Foster 10:30-11:00a	Zumba 10:00-10:45a	
T25 11:15-11:50a		T25 11:15-11:50a		T25 11:15-11:50a		T25 11:15-11:50a		T25 11:15-11:50a	
Zumba 12:00-12:45p	Aqua Fitness 12:00-1:00p	Zumba 12:00-12:45p	Aqua Fitness 12:00-1:00p	Zumba 12:00-12:45p	Aqua Fitness 12:00-1:00p	Zumba 12:00-12:45p	Aqua Fitness 12:00-1:00p	Zumba 12:00-12:45p	Aqua Fitness 12:00-1:00p
Abs of Steel 1:15-1:45p	Aqua Aerobic 1:30-2:30p	Abs of Steel 1:15-1:45p	Aqua Aerobic 1:30-2:30p	Abs of Steel 1:15-1:45p	Aqua Aerobic 1:30-2:30p	Abs of Steel 1:15-1:45p	Aqua Aerobic 1:30-2:30p	Abs of Steel 1:15-1:45p	Aqua Aerobic 1:30-2:30p
Stren&Toning 2:00-2:45p		Stren&Toning 2:00-2:45p		Stren&Toning 2:00-2:45p		Stren&Toning 2:00-2:45p		Stren&Toning 2:00-2:45p	
Yoga 3:10-3:50p	Aqua Fitness 3:00-4:00p	Yoga 3:10-3:50p	Aqua Fitness 3:00-4:00p	Yoga 3:10-3:50p	Aqua Fitness 3:00-4:00p	Yoga 3:10-3:50p	Aqua Fitness 3:00-4:00p	Yoga 3:10-3:50p	Aqua Fitness 3:00-4:00p
Insanity 4:00-5:00p		Insanity 4:00-5:00		Insanity 4:00-5:00		Insanity 4:00-5:00		Insanity 4:00-5:00	
Ki-Bae 5:15-6:00p		Circuit 5:15-6:00		Ki-Bae 5:15-6:00		Circuit 5:15-6:00			