

# May 2017

## Yakama Nation Diabetes Program



Su	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
						
7	8 Nutrition Class @ W.S.C.C. @ 10am	9 Nutrition Class @ 7am	10	11	12 Walk 10-3 @ RV	13
14	15 Nutrition Class @ W.S.C.C. @ 10am	16 Nutrition Class @ 7am	17	18	19	20
21	22 Nutrition Class @ W.S.C.C. @ 10am	23 Nutrition Class @ 7am	24	25	26 Walk 10-3 @ RV	27
28	29 	30 Nutrition Class @ 7am	31	<b>Star Participants</b> <b>Harold Miller</b> <b>Charlene George</b>		
<b>BUSINESS INFO</b> 94 Wishpoosh Road/P.O. Box 151 Toppenish, WA 98948 Phone: 509-865-5121, ext. 6757 Fax: 509-865-8986				<b>HOURS</b> <b>MON-THUR 6:00a-7:00p</b> <b>FRI 6:00a-6:00p</b> <b>*SAT 8:00a-12:00p</b>		

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	Chair Fitness @ W.S. Comm Center 8:00-8:50	Fit & Fierce 6:00-6:45a		Fit & Fierce 6:00-6:45a	Chair Fitness @ W.S. Comm Center 8:00-8:50	Fit & Fierce 6:00-6:45a		Fit & Fierce 6:00-6:45a	Chair Fitness @ W.S. Comm Center 8:00-8:50
Zumba 7:00-7:45a	Zumba @ W.S. Comm Center 9:00-9:50	Zumba 7:00-7:45a		Zumba 7:00-7:45a	Zumba @ W.S. Comm Center 9:00-9:50	Zumba 7:00-7:45a		Zumba 7:00-7:45a	Zumba @ W.S. Comm Center 9:00-9:50
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	
Tabata 8:45-9:05a		Tabata 8:45-9:05a		Tababta 8:45-9:05a		Tabata 8:45-9:05a		Tabata 8:45-9:05a	
Yoga 9:10-9:50a		Yoga 9:10-9:50a		Yoga 9:10-9:50a		Yoga 9:10-9:50a		Yoga 9:10-9:50a	
Zumba 10:00-10:45a	Chair Fit. @Wanity 10:15-11:00a	Zumba 10:00-10:45a	Chair Fit. @Foster 10:15-11:00a	Zumba 10:00-10:45a	Chair Fit. @Wanity 10:15-11:00a	Zumba 10:00-10:45a	Chair Fit. @Foster 10:15-11:00a	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		Zumba 12:00-12:45p		Zumba 12:00-12:45p		Zumba 12:00-12:45p		Zumba 12:00-12:45p	
Stren&Toning 2:00-2:45p		Stren&Toning 2:00-2:45p		Stren&Toning 2:00-2:45p		Stren&Toning 2:00-2:45p		Stren&Toning 2:00-2:45p	
Yoga 3:10-3:50p		Yoga 3:10-3:50p		Yoga 3:10-3:50p		Yoga 3:10-3:50p		Yoga 3:10-3:50p	
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			
Taekwondo 6:00-6:50p				Taekwondo 6:00-6:50p					

\*Pool classes are postponed until further notice. Sauna is still in use for scheduled times