

FITNESS CLASSES

PLEASE JOIN US!



2018

<u>Monday-Friday</u>	
Tabata	6:10-6:45a
Zumba	7:00-7:45a
Geri-Fit (For Seniors)	8:00-8:40a
Yoga	9:10-9:50a
Meditation	10:00-10:20a
Zumba/Pound Fit	11:10-11:50a
Meditation	2:00-2:20p
Yoga	3:10-3:50p
Tai Chi	4:00-5:00p
H.I.I.T	5:00-5:45p
<u>Monday, Wednesday, Friday</u>	
Zumba	12:10-12:50p
<u>Tuesday & Thursday</u>	
H.I.I.T.	12:10-12:50p

Sun	Mon	Tues	Wed	Thur	Fri	Sat
Star Participants Markie Polk & Kristi Olney						
				1 Walk @ R.V 7am-11am	2 Community Garden Cleanup 3pm-5pm	3 Flu Shot Walk 11am-2pm R.V. Park
4 Community Awareness Night @ Wapato HS 5:30-7:00	5	6 Nutrition Class 7:30-9:00am	7	8	9	10
11 VETERANS DAY	12 Closed to Honor Veterans	13 VETERAN'S WALK 9A-1P @RV Nutrition Class	14	15	16	17
18	19 Thanksgiving Dinner @ Center Elders-11:00a Community-12-3pm	20	21 Happy Thanksgiving CLOSED	22	23 CLOSED Native American Heritage Day	24
25	26 Health Fair @ Harrah Elementary 4:30pm	27	28	29	30	

<u>White Swan Community Ctr.</u>	
12:05-1:00p	Circuit (Mon-Fri.)
<u>Chair Fitness</u>	<u>10:30-11:00a</u>
Wanity Dining Room	(Mon, Wed)
Foster Retirement	(Tues, Thu)



HOURS

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



Yakama Nation Wak'ishwi Program
 94 Wishpoosh Rd,
 P.O. Box 151
 Toppenish, WA 98948