Yakama Nation Diabetes Program - November 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Per Tribal Administrative Director/BIA supervisor, Tribal/BIA employees may attend w/Supervisor's approval. Time is recorded as regular work hours.		1 *Hard CORE 9-9:20* **Chair Fitness 9:45-10:15 (video)* **Zumba Basics 10:30-11:00 (video)* *Total Body Cond 11:10-11:50* **Resist n Flex 12:10-12:45 (video)* **Zumba Basics 4:15-4:45 (video)* **Zumba Fitness 5-5:45 (video)*	2 **Zumba Fitness 8-9 (video)* **Zumba Fitness 12:05-1:00 (video)* **Resist n Flex 3:15-3:50 (video)* **Step Aerobics 4:05-4:45 (video)*	3 *Hard CORE 9-9:20* **Chair Fitness 9:45-10:15 (video)* *Total Body Cond 11:10-11:50* **Resist n Flex 12:10-12:45 (video)* **Zumba Basics 4:30-5 (video)* **Zumba Fitness 5-5:45 (video)*	4 **Zumba Fitness 8-9 (video)* **Step Aerobics 11:30-12:10 (video)* *BOSU Blast 12:15-12:50* **Chair Fitness 2:30-3:00 (video)*	5
6	7 Orientation 9-10 **Step Aerobics 11:30-12:10 (video)* *BOSU Blast 12:15-12:50* **Chair Fitness 3:00-3:30 (video)* **Zumba Fitness 3:45-4:45 (video)* **Circuit Training 5-5:30 (video)*	8 *Hard CORE 9-9:20* **Chair Fitness 9:40-10:15 (video)* **Zumba Basics 10:30-11:00 (video)* *Total Body Cond 11:10-11:50* **esist n Flex 12:10-12:45 (video)* **Zumba Basics 4:15-4:45 (video)* **Zumba Fitness 5-5:45 (video)*	9 **Zumba Fitness 8-9 (video)* **Zumba Fitness 12:05-1:00 (video)* **Resist n Flex 3:15-3:50 (video)* **Step Aerobics 4:05-4:45 (video)*	10 *Hard CORE 9-9:20* **Chair Fitness 9:45-10:15 (video)* *Total Body Cond 11:10-11:50* **Resist n Flex 12:10-12:45 (video)* **Zumba Basics 4:30-5 (video)* **Zumba Fitness 5-5:45 (video)*	11 Veterans Day Center Closed	12
13	14 Orientation 9-10 *Step Aerobics 11:30-12:10* *BOSU Blast 12:15-12:50* *Chair Fitness 3:00-3:30 (YC)* *Zumba Fitness 3:45-4:45* *Circuit Training 5-5:30*	15 *Hard CORE 9-9:20* *Chair Fitness 9:40-10:15* *Zumba Basics 10:30-11:00* *Total Body Cond 11:10-11:50* *Resist n Flex 12:10-12:45* Eagle Book IHS 2:30-3 (IHS Conf Rm) *Zumba Basics 4:15-4:45* *Zumba Fitness 5-5:45*	16 *Zumba Fitness 8-9* You Are What You Eat 12-1 *Resist n Flex 3:15-3:50* *Step Aerobics 4:05-4:45*	17 *Hard CORE 9-9:20* *Chair Fitness 9:45-10:15* *Total Body Cond 11:10-11:50* *Resist n Flex 12:10-12:45* *Zumba Basics 4:30-5* *Zumba Fitness 5-5:45*	18 *Zumba Fitness 8-9* *Step Aerobics 11:30-12:10* *BOSU Blast 12:15-12:50* *Chair Fitness 2:30-3:00*	19
20	21 **Thanksgiving Dinner** **11:00-1:00** *Chair Fitness 3:00-3:30 (YC)* *Zumba Fitness 3:45-4:45* *Circuit Training 5-5:30*	22 *Hard CORE 9-9:20* *Chair Fitness 9:40-10:15* *Zumba Basics 10:30-11:00* *Total Body Cond 11:10-11:50* *Resist n Flex 12:10-12:45* *Zumba Basics 4:15-4:45* *Zumba Fitness 5-5:45*	23 *Zumba Fitness 8-9* *Zumba Fitness 12:05-1:00* *Resist n Flex 3:15-3:50* *Step Aerobics 4:05-4:45*	24 Thanksgiving Center Closed	25 Native American Heritage Day	26
27	28 Orientation 9-10 *Step Aerobics 11:30-12:10* *BOSU Blast 12:15-12:50* *Chair Fitness 3:00-3:30 (YC)* *Zumba Fitness 3:45-4:45* *Circuit Training 5-5:30*	29 *Hard CORE 9-9:20* *Chair Fitness 9:40-10:15* *Zumba Basics 10:30-11:00* *Total Body Cond 11:10-11:50* *Resist n Flex 12:10-12:45* *Zumba Basics 4:15-4:45* *Zumba Fitness 5-5:45*	30 *Zumba Fitness 8-9* *Zumba Fitness 12:05-1:00* *Resist n Flex 3:15-3:50* *Step Aerobics 4:05-4:45*	***These classes offered by video while instructors are on training.**	Call 865-5121 ext 6757 for more information Located 94 Wishpoosh Ave	