



December 2017

Yakama Nation Diabetes Program

S 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		HOURS: MON-THUR - 6:00 am -7:00 pm FRI - 6:00 am - 6:00 pm SAT - 8:00 am - 12:00 pm			1	2
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Cultural Class
 9:00a - Finish

3	4	5	6	7	8	9
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Cultural Class
 9:00a - Finish

10	11	12	13	14	15	16
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17	18	19	20	Jingle Bell Walk 10:00a-1:30p @YNRV	21	Building Closed	22	23
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24	 25	26	27	28	29	30
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STAR PARTICIPANTS	Gary Cooper	Sonya Dominguez	Kaylynn Gunnier	Rena Jack	
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Monday

Tuesday

Wednesday

Thursday

Friday

Tabata
6:10-6:40a

Rise & Grind
7:00-7:40a

Chair Fit
8:00-8:40a

Yoga
9:10-9:50a

Chair Fit
@ WANITY
10:30-11:00a

T25
11:15-11:50a

White Swan
Community
Center
Circuit
12:00-1:00P

Step Up
12:10-12:50p

Booty Boot Camp
2:00-2:45p

Yoga
3:10-3:50p

Insanity
4:00-5:00p

H.I.I.T.
5:15-6:10pm

Tabata
6:10-6:40a

Rise & Grind
7:00-7:40a

Chair Fit
8:00-8:40a

Yoga
9:10-9:50a

Chair Fit
@ FOSTER
10:30-11:00a

T25
11:15-11:50a

White Swan
Community
Center
Zumba
12:00-1:00P

H.I.I.T.
12:10-12:50p

Piyo
2:00-2:45p

Yoga
3:10-3:50p

Insanity
4:00-5:00

CT
5:15-6:10pm

Tabata
6:10-6:40a

Rise & Grind
7:00-7:40a

Chair Fit
8:00-8:40a

Yoga
9:10-9:50a

Chair Fit
@ WANITY
10:30-11:00a

T25
11:15-11:50a

White Swan
Community
Center
Circuit
12:00-1:00P

Step Up
12:10-12:50p

Booty Boot Camp
2:00-2:45p

Yoga
3:10-3:50p

Insanity
4:00-5:00

Pow Wow Sweat
5:00-6:00pm

Tabata
6:10-6:40a

Rise & Grind
7:00-7:40a

Chair Fit
8:00-8:40a

Yoga
9:10-9:50a

Chair Fit
@ FOSTER
10:30-11:00a

T25
11:15-11:50a

White Swan
Community
Center
Zumba
12:00-1:00P

H.I.I.T.
12:10-12:50p

Piyo
2:00-2:45p

Yoga
3:10-3:50p

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4:00-5:00

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5:15-6:10pm

Tabata
6:10-6:40a

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7:00-7:40a

Chair Fit
8:00-8:40a

Yoga
9:10-9:50a

T25
11:15-11:50a

White
Swan
CC
Circuit
12:00-
1:00P

Step Up
12:10-12:50p

Booty Boot Camp
2:00-2:45p

Yoga
3:10-3:50p

Insanity
4:00-5:00

H.I.I.T.
5:15-5:50