

Yakama Nation Diabetes Program



October 2017

S Mon Tue Wed Thu Fri Sat

BUSINESS INFO 94 Wishpoosh Road/P.O. Box 151 Toppenish, WA 98948 Phone: 509-865-5121, ext. 6757 Fax: 509-865-8986				STAR PARTICIPANTS = SHARON CARL ROBERT GUARDIPEE					
1	2	3	4	5	6	7			
8	 INDIGENOUS HOLIDAY CLOSED	9	10	 NWPaiHB FUN WALK @ RV PARK 8:00 AM—1:00PM	11	12	 CULTURE CLASS 3:00—5:00PM	13	14
15	 FAMILY NIGHT @ WAPATO HS 5:30—7:00 PM	16	17	18	19	20	21		
22	23	24	25	26	 CULTURE CLASS 3:00-5:00PM	27	28		
29	30	FUN WALK  @ RV PARK 10:00 AM—2:00 PM TRUNK OR TREAT-LISTEN YOUTH	31	HOURS: MONDAY - THURSDAY = 6:00 am - 7:00 pm FRIDAY = 6:00 am - 6:00 pm SATURDAY = 8:00 am - 12:00 pm					

Monday

Tuesday

Wednesday

Thursday

Friday

Circuit
6:10-6:40a

H.I.I.T.
6:45-7:45a

Chair Fit
8:00-8:40a

Yoga
9:10-9:50a

T25
11:15-11:50a

Step Aerobics
12:10-12:50p

Piyo
2:00-2:45p

Yoga
3:10-3:50p

Insanity
4:00-5:00p

Strength & Sweat
5:15-6:10pm

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

White Swan
Community
Center
Chair Fit
11:00-12:00
Circuit
12:00-1:00

Circuit
6:10-6:40a

H.I.I.T.
6:45-7:45a

Chair Fit
8:00-8:40a

Yoga
9:10-9:50a

T25
11:15-11:50a

Zumba
12:10-12:50p

Piyo
2:00-2:45p

Yoga
3:10-3:50p

Insanity
4:00-5:00

S & S
5:15-6:10pm

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

White Swan
Community
Center
Chair Fit
11:00-12:00
Circuit
12:00-1:00

Circuit
6:10-6:40a

H.I.I.T.
6:45-7:45a

Chair Fit
8:00-8:40a

Yoga
9:10-9:50a

T25
11:15-11:50a

Step Aerobics
12:10-12:50p

Piyo
2:00-2:45p

Yoga
3:10-3:50p

Insanity
4:00-5:00

S & S
5:15-6:10pm

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

White Swan
Community
Center
Chair Fit
11:00-12:00
Circuit
12:00-1:00

Circuit
6:10-6:40a

H.I.I.T.
6:45-7:45a

Chair Fit
8:00-8:40a

Yoga
9:10-9:50a

T25
11:15-11:50a

Zumba
12:10-12:50p

Piyo
2:00-2:45p

Yoga
3:10-3:50p

Insanity
4:00-5:00

S & S
5:15-6:10pm

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

White Swan
Community
Center
Chair Fit
11:00-12:00
Circuit
12:00-1:00

Circuit
6:10-6:40a

H.I.I.T.
6:45-7:45a

Chair Fit
8:00-8:40a

Yoga
9:10-9:50a

T25
11:15-11:50a

Step Aerobics
12:10-12:50p

Piyo
2:00-2:45p

Yoga
3:10-3:50p

Insanity
4:00-5:00

ABS of Steel
5:15-5:50

White
Swan
CC
Chair Fit
11:00-
12:00
Circuit
12:00-
1:00