

# FITNESS CLASSES

PLEASE JOIN US!

## Monday-Friday

Circuit	6:10a-6:45a
F.E.T.	7:00a-7:50a
Chair Fitness	8:00a-8:40a
Yoga	9:10a-9:50a
Hard-Core	10:00a-10:40a
Zumba	11:10a-11:50a
Tai Chi	2:00p-2:50p
Yoga	3:10p-3:50p
GERI-Fit	4:00p-4:50p
Tabata	5:10p-5:50p

## Monday, Wednesday, Friday

Zumba Toning	12:10p-12:50p
Total Body	1:00p-1:45p

## Tuesday & Thursday

Core/Cardio	12:10p-12:50p
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## Monday-Thursday

Zumba Toning	6:00p-6:45p
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## White Swan Community Ctr.

12:05-1:00p	Circuit (Mon-Fri.)
Chair Fitness	10:30a-11:00a
Wanity Dining Room	(Mon, Wed)
Foster Retirement	(Tues, Thu)
GERI-Fit	12:15p-1:00
AAOA	(Tues, Thur)

# December 2018

Sun Mon Tues Wed Thur Fri Sat

## Star Participants Jason Armour & Cathy Settle

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2	3	4 Prevent T2 1:00p-2:00p	5	6	7	8	
9	10	11	12	13	14	15	
16	17	18 Prevent T2 1:00p-2:00p	19	20	21 Jingle Bell Dash 9:00a-1:00p	22	
23	24 Christmas Eve	25 	26	27	28	29	
30	31 NEW YEAR'S EVE	<b>Happy Holidays!</b>					



### HOURS

Monday—Thursday: 6:00am-7:00pm

Friday: 6:00am-6:00pm

Saturday: 8:00am-12:00pm



Yakama Nation Wak'ishwi Program

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