

FITNESS CLASSES

Feel free to join us!!!

October 2018

<u>Monday-Friday</u>	
Tabata	6:05-6:45a
Zumba	7-7:50a
Chair Fitness	8-8:40a
Yoga	9:10-9:50a
Meditation	10:00-10:20a
Zumba/Pound Fit	11-11:45a
Zumba	1-1:50p
Meditation	2-2:20p
Yoga	3:10-3:50p
Tai Chi	4-5:00p
H.I.I.T	5-5:45p
<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
	1	2	3	4	5	6
		Nutrition class 7:30-9am				
7	Indigenous Peoples Day 8 HOLIDAY—Closed 	9	10	11	12	13
		Nutrition class 7:30-9am				
14	15	16	17	18	19	20
		Nutrition class 7:30-9am				
21	22	23	24	25	26	27
		Nutrition class 7:30-9am		Glow in the Dark walk @ YNC 6:30-8:30pm		
28	29	30	31			
		Nutrition class 7:30-9am	Halloween walk RV Park 8am—1pm			

<u>Y.N. Agency Head Quarter</u>	
12:05-12:45p	Chair (Mon-Fri.)
<u>White Swan Community Ctr.</u>	
12:05-1:00p	Circuit (Mon-Fri.)
Chair Fitness	10:30-11:00a
Wanity Dining Room	(Mon, Wed)
Foster Retirement	(Tues, Thu)



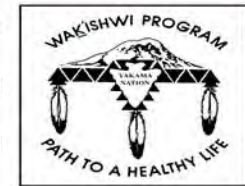
HOURS



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

STAR PARTICIPANTS =

Robin Derouin & Cheyanne Compo



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