YELLOWHAWK PHYSICAL WELLNESS CALENDAR

JUNE 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 **Water Aerobics** 9:30-10:30 am @ Wildhorse Pool **Sr. Center Group Fitness** 10:30-11 am @ Senior Center **Fitness is Fun** 12-12:45 pm @ YH Fitness Room	2 **Fusion Fitness** Doors open at 4:15 4:30-5:30 pm @ YH Fitness Room
5 **Water Aerobics** 9:30-10:30 am @ Wildhorse Pool **Fusion Fitness** Doors open at 4:15 4:30-5:30 pm @ YH Fitness Room	6 **Fitness is Fun** 12-12:45 pm @ YH Fitness Room	7 **Water Aerobics** 9:30-10:30 am @ Wildhorse Pool **Fusion Fitness** Doors open at 4:15 4:30-5:30 pm @ YH Fitness Room	8 **Water Aerobics** 9:30-10:30 am @ Wildhorse Pool **Sr. Center Group Fitness** 10:30-11 am @ Senior Center **Fitness is Fun** 12-12:45 pm @ YH Fitness Room	9 ***Closed for CTUIR Treaty Day***
12 **Water Aerobics** 9:30-10:30 am @ Wildhorse Pool **Fusion Fitness** Doors open at 4:15 4:30-5:30 pm @ YH Fitness Room	13 **Fitness is Fun** 12-12:45 pm @ YH Fitness Room	14 **Water Aerobics** 9:30-10:30 am @ Wildhorse Pool **Fusion Fitness** Doors open at 4:15 4:30-5:30 pm @ YH Fitness Room	15 **Water Aerobics** 9:30-10:30 am @ Wildhorse Pool **Sr. Center Group Fitness** 10:30-11am @ Senior Center **Fitness is Fun** 12-12:45 pm @ YH Fitness Room	16 **Fusion Fitness** Doors open at 4:15 4:30-5:30 pm @ YH Fitness Room
19 ***Closed for Juneteenth***	20 **Fitness is Fun** 12-12:45 pm @ YH Fitness Room	21 **Water Aerobics** 9:30-10:30 am @ Wildhorse Pool **Fusion Fitness** Doors open at 4:15 4:30-5:30 pm @ YH Fitness Room	22 **Water Aerobics** 9:30-10:30 am @ Wildhorse Pool **Sr. Center Group Fitness** 10:30-11 am @ Senior Center **Fitness is Fun** 12-12:45 pm @ YH Fitness Room	23 **Fusion Fitness** Doors open at 4:15 4:30-5:30 pm @ YH Fitness Room
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ALL CLASSES ARE FREE AND OPEN TO THE PUBLIC.

APPROPRIATE WORKOUT ATTIRE IS RECOMMENDED.

- **Water Aerobics:** Workout in the water! This low-impact class is great for all abilities and fitness levels. Water resistance equipment used for toning and building muscle strength. *For more information contact Leah Harris, 541.240.8729.*
- **Fitness is Fun:** Fitness classes include a combination of strength training and high-intensity interval training. *For more information contact Chelsey Minthorn, 541.240.8443.*
- **Sr. Center Group Fitness:** Group Fitness at Nicht-Yow-Way Senior Center includes strength and resistance training primarily achieved while seated. *For more information contact Chelsey Minthorn, 541.240.8443.*
- **Fusion Fitness with Willa and Chris:** The first half is a 30-minute Tabata class, which is a form of HIIT (High-Intensity Interval Training) where the individual performs as many reps as possible (AMRAP) using various weighted items. The last half is guided postures and Yoga Nidra for a total body relaxation. *For more information contact Leah Harris, 541.240.8729.*
- **Healthy Hobbies Incentive 2023:** Yellowhawk is providing a unique experience for Yellowhawk eligible patients to utilize programming in their wellness journey. *Contact Cindy at 541.240.8474 for more information. Programming offered while funding is available.*

All participants must sign our wellness waiver. Scan the QR code to complete.

YELLOWHAWK
TRIBAL HEALTH CENTER