

YELLOWHAWK PHYSICAL WELLNESS CALENDAR

APRIL 2024

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|---|--|--|
| 1 Kettlebell Kickstart Water Aerobics Clock-Out and Kettlebell Fusion Fitness | 2 Tac Meeywi Workout Club Early Bird Water Aerobics Fitness Class Breath, Movement, & Meditation | 3 Early Bird Water Aerobics Kettlebell Kickstart Water Aerobics Clock-Out and Kettlebell Fusion Fitness | 4 Tac Meeywi Workout Club Water Aerobics Sr. Center Group Fitness Fitness Class Breath, Movement, & Meditation | 5 Kettlebell Kickstart Clock-Out and Kettlebell |
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| 29 Kettlebell Kickstart Water Aerobics Clock-Out and Kettlebell Fusion Fitness | 30 Tac Meeywi Workout Club Early Bird Water Aerobics Fitness Class Breath, Movement, & Meditation | ALL CLASSES ARE FREE AND OPEN TO THE PUBLIC APPROPRIATE WORKOUT ATTIRE IS RECOMMENDED | | |

TAC MEEYWI WORKOUT CLUB | TU & TH, 5:30-7:30 AM | NCS

- Power up with early bird strength training class. Incorporate warm-up/cool down exercises, weight training, bodyweight exercises, light cardio & core workouts. *Leah Harris, 541.240.8729.*

WATER AEROBICS | TU & W, 6 - 7 AM | M, W, TH, 9:30-10:30 AM | WILDHORSE POOL

- This low-impact class is great for all abilities & fitness levels. Water resistance equipment used for toning & building muscle strength. *Leah Harris, 541.240.8729.*

SR. CENTER GROUP FITNESS | TH, 10:30-11 AM | SR. CENTER

- Includes strength & resistance training primarily achieved while seated. *Chelsey Minthorn, 541.240.8443.*

FITNESS CLASS | TU & TH, 12-12:45 PM | YH FITNESS ROOM

- Includes a combination of strength training & high-intensity interval training. *Chelsey Minthorn, 541.240.8443.*

KETTLEBELL CLASSES | M, W, F 6 - 7 AM | M, W, F 11:30 - 12:30 PM | YH FITNESS ROOM

- These classes combine kettlebell and body weight exercises that target several muscle groups at once, giving your arms, legs, and abs a great workout in a short amount of time. Join us! To begin building and improving your muscle strength, cardiovascular fitness, overall wellness and resilience. *Leah Harris, 541.240.8729*

FUSION FITNESS | M & W, 5:30 - 6:30 PM | NCS

- First half, Tabata class, a form of HIIT (High-Intensity Interval Training). Last half, guided postures called Shavasana to promote recovery of the muscles and provide a state of relaxation. *Leah Harris, 541.240.8729.*

BREATH, MOVEMENT, & MEDITATION | TU & TH 6 - 7 PM | SR. CENTER

- Providing tools for calmness. Incorporates lengthening, focused breath work & postures that help rejuvenate & energize both physically & emotionally. *Public Health Department 541.240.8697.*



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



YELLOWHAWK
TRIBAL HEALTH CENTER