

YELLOWHAWK PHYSICAL WELLNESS CALENDAR

MAY 2024

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

ALL CLASSES ARE FREE AND
OPEN TO THE PUBLIC
APPROPRIATE WORKOUT ATTIRE IS
RECOMMENDED

6

Water Aerobics
Clock-Out and Kettlebell
Fusion Fitness

7

Tac Meeywi Workout Club
Early Bird Water Aerobics
Fitness Class
Breath, Movement, & Meditation

8

Water Aerobics
Clock-Out and Kettlebell
Fusion Fitness

9

Tac Meeywi Workout Club
Early Bird Water Aerobics
Water Aerobics
Sr. Center Group Fitness
Fitness Class
Breath, Movement, & Meditation

13

Water Aerobics
Clock-Out and Kettlebell
Fusion Fitness

14

Tac Meeywi Workout Club
Early Bird Water Aerobics
Fitness Class
Breath, Movement, & Meditation

15

Water Aerobics
Clock-Out and Kettlebell
Fusion Fitness

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Tac Meeywi Workout Club
Early Bird Water Aerobics
Water Aerobics
Sr. Center Group Fitness
Fitness Class
Breath, Movement, & Meditation

20

Water Aerobics
Clock-Out and Kettlebell
Fusion Fitness

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Tac Meeywi Workout Club
Early Bird Water Aerobics
Fitness Class
Breath, Movement, & Meditation

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Water Aerobics
Clock-Out and Kettlebell
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Tac Meeywi Workout Club
Early Bird Water Aerobics
Water Aerobics
Sr. Center Group Fitness
Fitness Class
Breath, Movement, & Meditation

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Closed for
Memorial Day

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Tac Meeywi Workout Club
Early Bird Water Aerobics
Fitness Class
Breath, Movement, & Meditation

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Water Aerobics
Clock-Out and Kettlebell
Fusion Fitness

30

Tac Meeywi Workout Club
Early Bird Water Aerobics
Water Aerobics
Sr. Center Group Fitness
Fitness Class
Breath, Movement, & Meditation

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 & TH, 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 11:30 - 12:30 PM | M, W 4:15 - 5:15 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. 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