

# YELLOWHAWK PHYSICAL WELLNESS CALENDAR



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Water Aerobics Clock-Out & Kettlebell	2 Fitness Class Breath, Movement, & Meditation	3 Water Aerobics Clock-Out & Kettlebell	4 <b>Closed for Independence Day</b>	5 Clock-Out & Kettlebell
8 Water Aerobics Clock-Out & Kettlebell	9 Fitness Class Breath, Movement, & Meditation	10 Water Aerobics Clock-Out & Kettlebell	11 Water Aerobics Sr. Center Group Fitness Fitness Class Breath, Movement, & Meditation	12 Clock-Out & Kettlebell
15 Water Aerobics Clock-Out & Kettlebell	16 Fitness Class Breath, Movement, & Meditation	17 Water Aerobics Clock-Out & Kettlebell	18 Water Aerobics Sr. Center Group Fitness Fitness Class Breath, Movement, & Meditation	19 Clock-Out & Kettlebell
22 Water Aerobics Clock-Out & Kettlebell	23 Fitness Class Breath, Movement, & Meditation	24 Water Aerobics Clock-Out & Kettlebell	25 Water Aerobics Sr. Center Group Fitness Fitness Class Breath, Movement, & Meditation	26 Clock-Out & Kettlebell
29 Water Aerobics Clock-Out & Kettlebell	30 Fitness Class Breath, Movement, & Meditation	31 Water Aerobics Clock-Out & Kettlebell		

## WATER AEROBICS | 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 | YELLOWHAWK FITNESS ROOM

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

## KETTLEBELL | M, W, F 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.*

## 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