

YELLOWHAWK PHYSICAL WELLNESS CALENDAR

OCTOBER 2024

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY |
|--|-----------------------------|------------------------------|---|
| | Fitness Class ¹ | Water Aerobics ² | Water Aerobics ³ Sr. Center Group Fitness Fitness Class |
| Water Aerobics ⁷ | Fitness Class ⁸ | Water Aerobics ⁹ | Water Aerobics ¹⁰ Sr. Center Group Fitness Fitness Class |
| <i>Closed for Indigenous Peoples Day</i> ¹⁴ | Fitness Class ¹⁵ | Water Aerobics ¹⁶ | Water Aerobics ¹⁷ Sr. Center Group Fitness Fitness Class |
| Water Aerobics ²¹ | Fitness Class ²² | Water Aerobics ²³ | Water Aerobics ²⁴ Sr. Center Group Fitness Fitness Class |
| Water Aerobics ²⁸ | Fitness Class ²⁹ | Water Aerobics ³⁰ | Water Aerobics ³¹ Sr. Center Group Fitness Fitness Class |

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

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.

Public Health Department, 541.240.8697.

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.



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



YELLOWHAWK
TRIBAL HEALTH CENTER