

# YELLOWHAWK PHYSICAL WELLNESS CALENDAR

# NOVEMBER 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Water Aerobics <sup>4</sup>	Fitness Class <sup>5</sup>	Water Aerobics <sup>6</sup>	Water Aerobics <sup>7</sup> Sr. Center Group Fitness Fitness Class
<i>Closed for Veterans Day</i> <sup>11</sup>	Fitness Class <sup>12</sup>	Water Aerobics <sup>13</sup>	Water Aerobics <sup>14</sup> Sr. Center Group Fitness Fitness Class
Water Aerobics <sup>18</sup>	Fitness Class <sup>19</sup>	Water Aerobics <sup>20</sup>	Water Aerobics <sup>21</sup> Sr. Center Group Fitness Fitness Class
Water Aerobics <sup>25</sup>	Fitness Class <sup>26</sup>	Water Aerobics <sup>27</sup>	<i>Closed for Thanksgiving</i> <sup>28</sup>

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

**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 | 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