

YELLOWHAWK PHYSICAL WELLNESS CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Water Aerobics ² 9:30 - 10:30 AM WILDHORSE (WRC) POOL	Fitness Class ³ 12 - 12:45 PM YH FITNESS ROOM	Water Aerobics ⁴ 9:30 - 10:30 AM WILDHORSE POOL	Water Aerobics ⁵ 9:30 - 10:30 AM WRC POOL Sr. Center Group Fitness 10:30 - 11 AM SR. CENTER Fitness Class 12 - 12:45 PM YH FITNESS ROOM
Water Aerobics ⁹ 9:30 - 10:30 AM WILDHORSE (WRC) POOL	Fitness Class ¹⁰ 12 - 12:45 PM YH FITNESS ROOM	Water Aerobics ¹¹ 9:30 - 10:30 AM WILDHORSE POOL	Water Aerobics ¹² 9:30 - 10:30 AM WRC POOL Sr. Center Group Fitness 10:30 - 11 AM SR. CENTER Fitness Class 12 - 12:45 PM YH FITNESS ROOM
Water Aerobics ¹⁶ 9:30 - 10:30 AM WILDHORSE (WRC) POOL	Fitness Class ¹⁷ 12 - 12:45 PM YH FITNESS ROOM	Water Aerobics ¹⁸ 9:30 - 10:30 AM WILDHORSE POOL	Water Aerobics ¹⁹ 9:30 - 10:30 AM WRC POOL Sr. Center Group Fitness 10:30 - 11 AM SR. CENTER Fitness Class 12 - 12:45 PM YH FITNESS ROOM
Water Aerobics ²³			Water Aerobics ²⁶
NO CLASSES for Christmas Week			
Water Aerobics ³⁰ 9:30 - 10:30 AM WILDHORSE (WRC) POOL	Fitness Class ³¹ 12 - 12:45 PM YH FITNESS ROOM	DECEMBER	

ALL CLASSES ARE FREE AND OPEN TO THE PUBLIC

APPROPRIATE WORKOUT ATTIRE IS RECOMMENDED

WATER AEROBICS @ WILDHORSE (WRC) 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 @ SR. CENTER

- Includes strength & resistance training primarily achieved while seated.

Chelsey Minthorn, 541.240.8443.

FITNESS CLASS @ 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