

# YELLOWHAWK PHYSICAL WELLNESS CALENDAR

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

# JANUARY

<p>1</p> <p><b>Closed for New Year's Day</b></p>	<p>2</p> <p><b>Water Aerobics</b> 9:30 - 10:30 AM   WRC POOL <b>Sr. Center Group Fitness</b> 10:30 - 11 AM   SR. CENTER <b>Fitness Class</b> 12 - 12:45 PM   YH FITNESS ROOM</p>
<p>6</p> <p><b>Water Aerobics</b> 9:30 - 10:30 AM WILDHORSE (WRC) POOL</p>	<p>7</p> <p><b>Fitness Class</b> 12 - 12:45 PM YH FITNESS ROOM</p>
<p>13</p> <p><b>Water Aerobics</b> 9:30 - 10:30 AM WILDHORSE (WRC) POOL</p>	<p>14</p> <p><b>Fitness Class</b> 12 - 12:45 PM YH FITNESS ROOM</p>
<p>20</p> <p><b>Closed for Martin Luther King Jr. Day</b></p>	<p>21</p> <p><b>Fitness Class</b> 12 - 12:45 PM YH FITNESS ROOM</p>
<p>27</p> <p><b>Water Aerobics</b> 9:30 - 10:30 AM WILDHORSE (WRC) POOL</p>	<p>28</p> <p><b>Fitness Class</b> 12 - 12:45 PM YH FITNESS ROOM</p>
<p>1</p> <p><b>Closed for New Year's Day</b></p>	<p>2</p> <p><b>Water Aerobics</b> 9:30 - 10:30 AM   WRC POOL <b>Sr. Center Group Fitness</b> 10:30 - 11 AM   SR. CENTER <b>Fitness Class</b> 12 - 12:45 PM   YH FITNESS ROOM</p>
<p>8</p> <p><b>Water Aerobics</b> 9:30 - 10:30 AM WILDHORSE POOL</p>	<p>9</p> <p><b>Water Aerobics</b> 9:30 - 10:30 AM   WRC POOL <b>Sr. Center Group Fitness</b> 10:30 - 11 AM   SR. CENTER <b>Fitness Class</b> 12 - 12:45 PM   YH FITNESS ROOM</p>
<p>15</p> <p><b>Water Aerobics</b> 9:30 - 10:30 AM WILDHORSE POOL</p>	<p>16</p> <p><b>Water Aerobics</b> 9:30 - 10:30 AM   WRC POOL <b>Sr. Center Group Fitness</b> 10:30 - 11 AM   SR. CENTER <b>Fitness Class</b> 12 - 12:45 PM   YH FITNESS ROOM</p>
<p>22</p> <p><b>Water Aerobics</b> 9:30 - 10:30 AM WILDHORSE POOL</p>	<p>23</p> <p><b>Water Aerobics</b> 9:30 - 10:30 AM   WRC POOL <b>Sr. Center Group Fitness</b> 10:30 - 11 AM   SR. CENTER <b>Fitness Class</b> 12 - 12:45 PM   YH FITNESS ROOM</p>
<p>29</p> <p><b>Water Aerobics</b> 9:30 - 10:30 AM WILDHORSE POOL</p>	<p>30</p> <p><b>Water Aerobics</b> 9:30 - 10:30 AM   WRC POOL <b>Sr. Center Group Fitness</b> 10:30 - 11 AM   SR. CENTER <b>Fitness Class</b> 12 - 12:45 PM   YH FITNESS ROOM</p>

**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