

# YELLOWHAWK PHYSICAL WELLNESS CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
3 <b>Water Aerobics</b> 9:15 - 10:15 AM WILDHORSE (WRC) POOL	4 <b>Fitness Class</b> 12 - 12:45 PM YH FITNESS ROOM	5 <b>Water Aerobics</b> 9:15 - 10:15 AM WILDHORSE POOL	6 <b>Water Aerobics</b> 9:15 - 10:15 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
10 <b>Water Aerobics</b> 9:15 - 10:15 AM WILDHORSE (WRC) POOL	11 <b>Fitness Class</b> 12 - 12:45 PM YH FITNESS ROOM	12 <b>Water Aerobics</b> 9:15 - 10:15 AM WILDHORSE POOL	13 <b>Water Aerobics</b> 9:15 - 10:15 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
17 <b>Water Aerobics</b> 9:15 - 10:15 AM WILDHORSE (WRC) POOL	18 <b>Fitness Class</b> 12 - 12:45 PM YH FITNESS ROOM	19 <b>Water Aerobics</b> 9:15 - 10:15 AM WILDHORSE POOL	20 <b>Water Aerobics</b> 9:15 - 10:15 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
24	25	26	27
31 <b>Water Aerobics</b> 9:15 - 10:15 AM WILDHORSE (WRC) POOL	<h1>MARCH</h1>		

**Yellowhawk Fitness Classes Canceled During Spring Break**

**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.

