

YELLOWHAWK PHYSICAL WELLNESS CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
4 Water Aerobics 9:15 - 10:15 AM WILDHORSE (WRC) POOL	5 Fitness Class 12 - 12:45 PM YH FITNESS ROOM	6 Water Aerobics 9:15 - 10:15 AM WILDHORSE POOL	7 Water Aerobics 9:15 - 10:15 AM WRC POOL Sr. Center Group Fitness 10:30 - 11 AM SR. CENTER Fitness Class 12 - 12:45 PM YH FITNESS ROOM
11 Water Aerobics 9:15 - 10:15 AM WILDHORSE (WRC) POOL	12 Fitness Class 12 - 12:45 PM YH FITNESS ROOM	13 Water Aerobics 9:15 - 10:15 AM WILDHORSE POOL	14 Water Aerobics 9:15 - 10:15 AM WRC POOL Sr. Center Group Fitness 10:30 - 11 AM SR. CENTER Fitness Class 12 - 12:45 PM YH FITNESS ROOM
18 Water Aerobics 9:15 - 10:15 AM WILDHORSE (WRC) POOL	19 Fitness Class 12 - 12:45 PM YH FITNESS ROOM	20 Water Aerobics 9:15 - 10:15 AM WILDHORSE POOL	21 Water Aerobics 9:15 - 10:15 AM WRC POOL Sr. Center Group Fitness 10:30 - 11 AM SR. CENTER Fitness Class 12 - 12:45 PM YH FITNESS ROOM
25 Water Aerobics 9:15 - 10:15 AM WILDHORSE (WRC) POOL	26 Fitness Class 12 - 12:45 PM YH FITNESS ROOM	27 Water Aerobics 9:15 - 10:15 AM WILDHORSE POOL	28 Water Aerobics 9:15 - 10:15 AM WRC POOL Sr. Center Group Fitness 10:30 - 11 AM SR. CENTER Fitness Class 12 - 12:45 PM YH FITNESS ROOM

AUGUST

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

WATER AEROBICS @ WILDHORSE (WRC) POOL

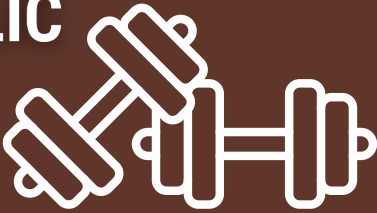
- This low-impact class is great for all abilities & fitness levels. Water resistance equipment used for toning & building muscle strength.
Leah Harris, 541.240.8729.

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