

# YELLOWHAWK PHYSICAL WELLNESS CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
1 <i>Closed for Labor Day</i>	2 <b>Fitness Class</b> 12 - 12:45 PM YH FITNESS ROOM	3 <b>Water Aerobics</b> 9:15 - 10:15 AM WILDHORSE POOL	4 <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
8	9	10	11
Yellowhawk Fitness Classes Canceled During Round-Up Week			
15 <b>Water Aerobics</b> 9:15 - 10:15 AM WILDHORSE (WRC) POOL	16 <b>Fitness Class</b> 12 - 12:45 PM YH FITNESS ROOM	17 <b>Water Aerobics</b> 9:15 - 10:15 AM WILDHORSE POOL	18 <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
22 <b>Water Aerobics</b> 9:15 - 10:15 AM WILDHORSE (WRC) POOL	23 <b>Fitness Class</b> 12 - 12:45 PM YH FITNESS ROOM	24 <b>Water Aerobics</b> 9:15 - 10:15 AM WILDHORSE POOL	25 <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
29 <b>Water Aerobics</b> 9:15 - 10:15 AM WILDHORSE (WRC) POOL	30 <b>Fitness Class</b> 12 - 12:45 PM YH FITNESS ROOM	SEPTEMBER	

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

**WATER AEROBICS @ WILDHORSE (WRC) POOL**

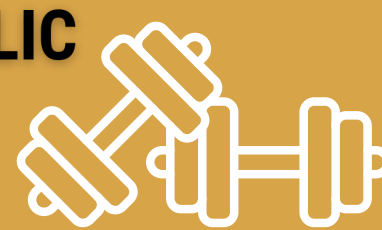

- This low-impact class is great for all abilities & fitness levels. Water resistance equipment used for toning & building muscle strength.  
*Leah Arnold, 541.240.8729.*

**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