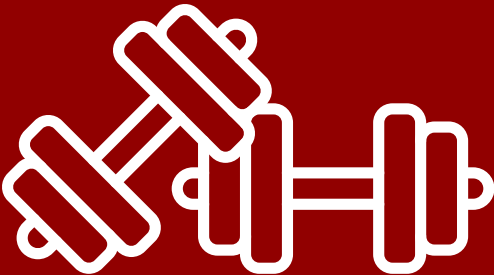


DECEMBER

YELLOWHAWK PHYSICAL WELLNESS CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
1 Water Aerobics 9:15 - 10:15 AM WILDHORSE (WRC) POOL	2 Fitness Class 12 - 12:45 PM YH FITNESS ROOM	3 Water Aerobics 9:15 - 10:15 AM WILDHORSE POOL	4 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
8 Water Aerobics 9:15 - 10:15 AM WILDHORSE (WRC) POOL	9 Fitness Class 12 - 12:45 PM YH FITNESS ROOM	10 Water Aerobics 9:15 - 10:15 AM WILDHORSE POOL	11 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
15 Water Aerobics 9:15 - 10:15 AM WILDHORSE (WRC) POOL	16 Fitness Class 12 - 12:45 PM YH FITNESS ROOM	17 Water Aerobics 9:15 - 10:15 AM WILDHORSE POOL	18 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
22	23	24	25
Yellowhawk Fitness Classes Canceled During Christmas Week			
29 Water Aerobics 9:15 - 10:15 AM WILDHORSE (WRC) POOL	30 Fitness Class Canceled	31 Water Aerobics 9:15 - 10:15 AM WILDHORSE POOL	

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