

YELLOWHAWK PHYSICAL WELLNESS CALENDAR

MONDAY

TUESDAY

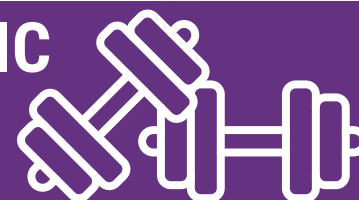
WEDNESDAY

THURSDAY

APRIL

		1	2
		Water Aerobics 9:15 - 10:15 AM WILDHORSE POOL	Water Aerobics 9:15 - 10:15 AM WRC POOL Sr. Center Group Fitness 10:30 - 11 AM SR. CENTER All Level Fitness Boot Camp 12 - 12:45 PM YH FITNESS ROOM
6	7	8	9
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13	14	15	16
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20	21	22	23
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27	28	29	30
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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, 541.240.8729.*

SR. CENTER GROUP FITNESS @ SR. CENTER

- Includes strength & resistance training primarily achieved while seated. *Chelsey, 541.240.8443.*

ALL LEVEL FITNESS BOOT CAMP @ YH FITNESS ROOM. ENDS ON APRIL 9TH!

- 6 Week program, join anytime and no registration needed! Build a better routine with this all-level fitness class combining strength training and high-intensity interval training. *Drew, 541.240.8523.*

FITNESS CLASS @ YH FITNESS ROOM

- Includes a combination of strength training & high-intensity interval training. *Chelsey, 541.240.8443.*



All participants must sign our wellness waiver. Scan the QR code to complete.



YELLOWHAWK
TRIBAL HEALTH CENTER