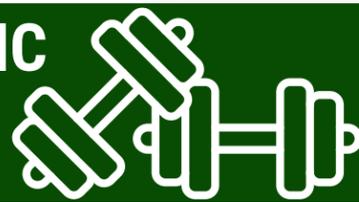


YELLOWHAWK PHYSICAL WELLNESS CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
2 Water Aerobics 9:15 - 10:15 AM WILDHORSE (WRC) POOL	3 All Level Fitness Boot Camp 12 - 12:45 PM YH FITNESS ROOM	4 Water Aerobics 9:15 - 10:15 AM WILDHORSE POOL	5 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
9 Water Aerobics 9:15 - 10:15 AM WILDHORSE (WRC) POOL	10 All Level Fitness Boot Camp 12 - 12:45 PM YH FITNESS ROOM	11 Water Aerobics 9:15 - 10:15 AM WILDHORSE POOL	12 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
16 Water Aerobics 9:15 - 10:15 AM WILDHORSE (WRC) POOL	17 All Level Fitness Boot Camp 12 - 12:45 PM YH FITNESS ROOM	18 Water Aerobics 9:15 - 10:15 AM WILDHORSE POOL	19 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
23	24	25	26
30 Water Aerobics 9:15 - 10:15 AM WILDHORSE (WRC) POOL	31 All Level Fitness Boot Camp 12 - 12:45 PM YH FITNESS ROOM	MARCH	

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 Arnold, 541.240.8729.

SR. CENTER GROUP FITNESS @ SR. CENTER

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

ALL LEVEL FITNESS BOOT CAMP @ YH FITNESS ROOM

- 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 Rivera, 541.240.8523.

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

