

YELLOWHAWK PHYSICAL WELLNESS CALENDAR

MONDAY

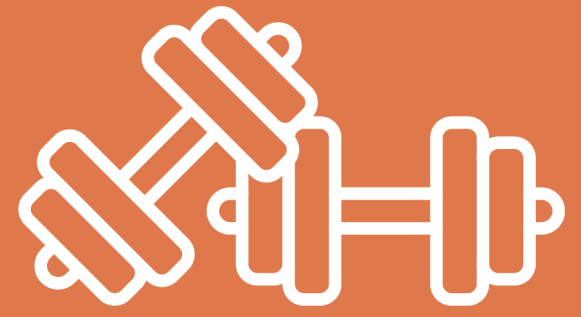
TUESDAY

WEDNESDAY

THURSDAY



MAY



4	5	6	7
<p>Water Aerobics 9:15 - 10:15 AM WILDHORSE (WRC) POOL</p>	<p>Fitness Class 12 - 12:45 PM YH FITNESS ROOM</p>	<p>Water Aerobics 9:15 - 10:15 AM WILDHORSE POOL</p>	<p>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</p>
11	12	13	14
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25	26	27	28
<p><i>Closed for Memorial Day</i></p>	<p>Fitness Class 12 - 12:45 PM YH FITNESS ROOM</p>	<p>Water Aerobics 9:15 - 10:15 AM WILDHORSE POOL</p>	<p>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</p>

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.*

FITNESS CLASS @ YH FITNESS ROOM

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

SR. CENTER GROUP FITNESS @ SR. CENTER

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



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



YELLOWHAWK
TRIBAL HEALTH CENTER