

# YELLOWHAWK PHYSICAL WELLNESS CALENDAR

| MONDAY                                              |  | TUESDAY                                           |  | WEDNESDAY                                                 |  | THURSDAY                                                                                                                                                   |  |                                                     |  |                                                                                                                                                            |  |
|-----------------------------------------------------|--|---------------------------------------------------|--|-----------------------------------------------------------|--|------------------------------------------------------------------------------------------------------------------------------------------------------------|--|-----------------------------------------------------|--|------------------------------------------------------------------------------------------------------------------------------------------------------------|--|
| <div>JULY</div>                                     |  |                                                   |  | 1                                                         |  | 2                                                                                                                                                          |  |                                                     |  |                                                                                                                                                            |  |
|                                                     |  |                                                   |  | Water Aerobics<br>9:15 - 10:15 AM<br>WILDHORSE POOL       |  | Water Aerobics<br>9:15 - 10:15 AM   WRC POOL<br>Sr. Center Group Fitness<br>10:30 - 11 AM   SR. CENTER<br>Fitness Class<br>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 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