February 2016
Yakama Nation Diabetes Program

S	Mon	Tue	Wed	Thu	Fri	Sa
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15 Closed for Presidents Day	16	17	18	19 Love Your Timna Walk @Y.N.D.P 10:00a.m. - 1:00p.m.	20
21	22	23	24	25	26	27
28	29	Business Info 94 Wishpoosh RD P.O. Box 151 Toppenish, WA 98948	Phone (509)865-5121 ext. 6757 Fax (509)865-8986	Hours Mon-Thur 6:00a.m.-6:00p.m. Fri 6:00a.m.-5:00p.m.	Star Participants Rachel Norris Jason Schnieder	

Daily Fitness Classes

Monday	Tuesday	Wednesday	Thursday	Friday
1 - 1 Sessions 6:00-7:00	1 - 1 Sessions 6:00-7:00	1 - 1 Sessions 6:00-7:00	1 - 1 Sessions 6:00-7:00	1 - 1 Sessions 6:00-7:00
Zumba Fitness 7:10-7:50	Zumba Fitness 7:10-7:50	Zumba Fitness 7:10-7:50	Zumba Fitness 7:10-7:50	Zumba Fitness 7:10-7:50
Orientation 8:00-11:00	Water Walking 9:00-10:00	Water Walking 9:00-10:00	Water Walking 9:00-10:00	Water Walking 9:00-10:00
Zumba Gold 10:00-10:45	Zumba Gold 10:00-10:45	Zumba Gold 10:00-10:45	Zumba Gold 10:00-10:45	Zumba Gold 10:00-10:45
Insanity 11:10-11:50	Insanity 11:10-11:50	Insanity 11:10-11:50	Insanity 11:10-11:50	Insanity 11:10-11:50
Aqua Fitness 12:00-1:00	Aqua Fitness 12:00-1:00	Aqua Fitness 12:00-1:00	Aqua Fitness 12:00-1:00	Aqua Fitness 12:00-1:00
Zumba Fitness 12:10-12:50	Strength & Toning 12:10-12:50	Zumba Fitness 12:10-12:50	Strength & Toning 12:10-12:50	Zumba Fitness 12:10-12:50
Core 1:00-1:30	Core 1:00-1:30	Core 1:00-1:30	Core 1:00-1:30	Core 1:00-1:30
Chair Fitness 2:00-2:40	Chair Fitness 2:00-2:40	Chair Fitness 2:00-2:40	Chair Fitness 2:00-2:40	Chair Fitness 2:00-2:40
Water Aerobics 3:30-4:30	Water Aerobics 3:30-4:30	Water Aerobics 3:30-4:30	Water Aerobics 3:30-4:30	Water Aerobics 3:30-4:30
Insanity 4:00-5:00	Insanity 4:00-5:00	Insanity 4:00-5:00	Circuit Training 5:15-6:00	Insanity 4:00-5:00
Zumba Fitness 5:15-6:00	Circuit Training 5:15-6:00	Zumba Fitness 5:15-6:00	Circuit Training 5:15-6:00	

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