Yakama Nation Diabetes Program

September 2016

Star Participants

Didi Close

Ray Flores

Walks

Sept. 2 Sept.9

Sept.16 Sept.22

Sept.30

Building Closures

Tues, Sept. 5th

~Happy Labor Day

Fri, Sept. 23rd

~Happy Native American Day

BUSINESS INFO

94 Wishpoosh Road/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.

Friday 6:00a.m.-5:00p.m.

S	Mon	Tue	Wed	Thu	Fri	Sa
				1	2 @YNRV 8:30am - 1:30pm	3
4	5	6	7	8	9 @YNRV 8:30am - 1:30pm	10
11	12	13	14	15	16 @YNRV 8:30am - 1:30pm	17
18	19	20	21	22 @YNRV 8:30am - 1:30pm	23	24
25	26	27	28	29	30 @YNRV 8:30am - 1:30pm	

Daily Fitness Classes

	Monday	Tuesday	Wednesday	Thursday	Friday
MORNING	Zumba Fitness 7:00-7:40	Zumba Fitness 7:00-7:40	Zumba Fitness 7:00-7:40	Zumba Fitness 7:00-7:40	Zumba Fitness 7:00-7:40
	Chair Aerobics 8:00-8:40	Chair Aerobics 8:00-8:40	Chair Aerobics 8:00-8:40	Chair Aerobics 8:00-8:40	Chair Aerobics 8:00-8:40
	Water Walking 9:00-10:00	Water Walking 9:00-10:00	Water Walking 9:00-10:00	Water Walking 9:00-10:00	Water Walking 9:00-10:00
	Yoga 9:10-9:50	Yoga 9:10-9:50	Yoga 9:10-9:50	Yoga 9:10-9:50	Yoga 9:10-9:50
	55+ Older Swim 10:00-11:00	55+ Older Swim 10:00-11:00	55+ Older Swim 10:00-11:00	55+ Older Swim 10:00-11:00	55+ Older Swim 10:00-11:00
	Zumba Fitness 10:00-10:40	Zumba Fitness 10:00-10:40	Zumba Fitness 10:00-10:40	Zumba Fitness 10:00-10:40	Zumba Fitness 10:00-10:40
	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
EVENING	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
	Strength & Toning 1:00-1:50	Strength & Toning 1:00-1:50	Strength & Toning 1:00-1:50	Strength & Toning 1:00-1:50	Strength & Toning 1:00-1:50
	Resist & Flex 2:00-2:40	Resist & Flex 2:00-2:40	Resist & Flex 2:00-2:40	Resist & Flex 2:00-2:40	Resist & Flex 2:00-2:40
	Water Aerobics 3:00-4:00	Water Aerobics 3:00-4:00	Water Aerobics 3:00-4:00	Water Aerobics 3:00-4:00	Water Aerobics 3:00-4:00
	Yoga 3:10-3:50	Yoga 3:10-3:50	Yoga 3:10-3:50	Yoga 3:10-3:50	Yoga 3:10-3:50
	Insanity 4:00-5:00	Insanity 4:00-5:00	Insanity 4:00-5:00	Insanity 4:00-5:00	Insanity 4:00-5:00
	Fit & Fierce 5:15-6:00	Fit & Fierce 5:15-6:00	Fit & Fierce 5:15-6:00	Fit & Fierce 5:15-6:00	

SCHEDULE SUBJECT TO CHANGE AT DISCRETION OF PROGRAM