

## Fitness Classes

Tabata	6:10-6:55a
Strength & Conditioning	7:10-7:55a
Chair Aerobics	8:10-8:50a
Yoga	9:10-9:50a
Open Room	10:00-11:00a
Open Room (except Tue)	1:00-2:00p
Circuit (Mon/Wed/Fri)	11:10-11:50a
Zumba (Tue/Thur)	11:10-11:50a
Tabata (Mon/Wed/Fri)	12:10-12:50p
Total Body (Tue/Thur)	12:10-12:50p
Tai Chi	2:00-2:50p
Yoga	3:10-3:50p
Zumba (Mon/Wed)	4:10-4:50p
Circuit (Tue/Thur)	4:10-4:50p
STRONG (Mon/Fri)	5:10-5:40p
Zumba Toning Tue/Wed/Thu	5:10-5:50p
Total Body	6:00-6:50p

**Chair Fitness 10:30-11:00a**

Foster Retirement Tue/Thurs

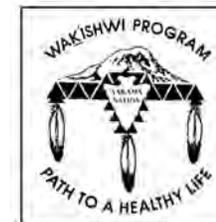
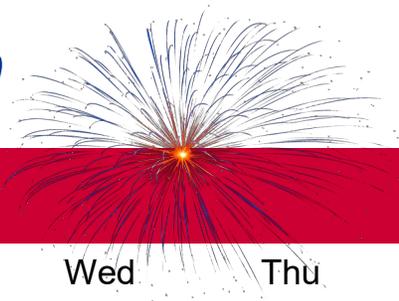
**GERI-Fit 10:30-11:00a**

Wanity Dining Mon/Wed/Fri

**GERI-Fit 12:15-1:00p**

AAOA Tue/Thur

# January 2020



**Wak'ishwi ... to become healthier**

Sun                  Mon                  Tue                  Wed                  Thu                  Fri                  Sat

			1 <span style="color: blue;">Closed</span>	2	3	4	
<u>STAR PARTICIPANTS</u>			Happy New Year's Day				
Melissa Chung * Alex Hilario							
5	6	7	8	9	10	11	
			Sign up JUST KEEP MOVING CHALLENGE 7am-6pm				
12	13	14	15	16	17	18	
		Just Keep Moving Challenge begins					
19	20	21	22	23	24	25	
		M.L.I.T. DAY			Walk with Village of Hope RV Park 10a-1p		
26	27	28	29	30	31		

Yakama Nation Wak'ishwi Program  
 94 Wishpoosh Road  
 Toppenish, WA 98948  
 (509) 865-5121, ext. 6757

Hours: Monday-Thursday, 6 a.m.-7 p.m.  
 Friday, 6 a.m.-6 p.m.  
 Saturday, 8 a.m.-12 p.m.

Notice: Schedule subject to change at discretion of the program.