



August 2017



Yakama Nation Diabetes Program

Su	Mon	Tue	Wed	Thu	Fri	Sa
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-7:00p Fri 6:00a-6:00p Sat 8:00a-12:00p				
6	7	8	9	10	11 12 Building Closed	
13	14	15	16	17	18 19 Backpack Giveaway	
20	21	22	23	24	25	26
27	28	29	30	31	Star Participants Rachel Norris Ronnie Kuneki	

Monday	Tuesday	Wednesday	Thursday	Friday
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Fit & Fierce 6:00-6:45a		Fit & Fierce 6:00-6:45a		Fit & Fierce 6:00-6:45a		Fit & Fierce 6:00-6:45a	
H.I.I.T. 7:00-7:45a		H.I.I.T. 7:00-7:45a		H.I.I.T. 7:00-7:45a		H.I.I.T. 7:00-7:45a	H.I.I.T. 7:00-7:45a
Chair Fit. 8:00-8:40a		Chair Fit. 8:00-8:40a		Chair Fit. 8:00-8:40a		Chair Fit. 8:00-8:40a	Chair Fit. 8:00-8:40a
Yoga 9:10-9:50a	Chair Fit. @Wanity 10:15-11:00a	Yoga 9:10-9:50a	Chair Fit. @Foster 10:15-11:00a	Yoga 9:10-9:50a	Chair Fit. @Wanity 10:15-11:00a	Yoga 9:10-9:50a	Chair Fit. @Foster 10:15-11:00a
T25 11:15-11:50a	Water Walk @Wapato 10:00-11:00a	T25 11:15-11:50a	Water Walk @Wapato 10:00-11:00a	T25 11:15-11:50a	Water Walk @Wapato 10:00-11:00a	T25 11:15-11:50a	Water Walk @Wapato 10:00-11:00a
Step Aero 12:00-12:45p	Water Aero @Wapato 12:00-1:00p	Zumba 12:00-12:45p	Water Aero @Wapato 12:00-1:00p	Step Aero 12:00-12:45p	Water Aero @Wapato 12:00-1:00p	Zumba 12:00-12:45p	Water Aero @Wapato 12:00-1:00p
Piyo 2:00-2:45p		Piyo 2:00-2:45p		Piyo 2:00-2:45p		Piyo 2:00-2:45p	Piyo 2:00-2:45p
Yoga 3:10-3:50p		Yoga 3:10-3:50p		Yoga 3:10-3:50p		Yoga 3:10-3:50p	Yoga 3:10-3:50p
Insanity 4:00-5:00p		Insanity 4:00-5:00		Insanity 4:00-5:00		Insanity 4:00-5:00	Insanity 4:00-5:00
						Saturday	
						Water Aerobic/Water Walk @Wapato 10:00a-11:00a	