

January 2018

Yakama Nation Diabetes Program

Path to a Healthy Life.

Fitness Classes:

Monday-Friday-

Tabata 6:15-6:50a
 Rise & Grind 7-7:40a
 Chair Fitness 8-8:40a
 Yoga 9:10-9:50a
 Yoga 3:10-3:50p
 T25 DVD 11:15-11:50a
 Insanity DVD 4-5:00p

Monday, Wednesday, Friday-

Step Up 12:10-12:50p
 Booty Boot Camp 2-2:45p

Tuesday & Thursday-

H.I.I.T. 12:10-12:50p
 Piyo DVD 2-2:45p
 Circuit 5:15-6:10p

Monday & Friday-

H.I.I.T. 5:15-6:10p

Wed-Pow-Wow Sweat 5-6:00p

White Swan Community Ctr.

12:00-1:00p

Circuit (Mon, Wed, Fri)
 Zumba (Tue & Thur)

Foster Retirement Ctr.

10:30-11a

Chair Fitness (Tue, Thur)

Wanity Dining Room

10:30-11a

Chair Fitness (Mon, Wed)

S	Mon	Tue	Wed	Thu	Fri	Sa
	Happy New Year! 1	2	3	4	5	6
7	8	9	10	11	12	13
14	MLK DAY  15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			
 STAR PARTICIPANTS: THERESA MUNGUIA LUKE WAHPAT 						

- Yakama Nation Diabetes Program
- 94 Wishpoosh Road
 - P.O. Box 151
- Toppenish, WA 98948
- 509-865-5121, ext. 6757

HOURS:

MON-THUR - 6:00 am - 7:00 pm

FRI - 6:00 am - 6:00 pm

SAT - 8:00 am - 12:00 pm

