

# Fitness Classes

## Monday-Friday

Circuit	6:10-6:45a
Chair Fitness	8:00-8:40a
Yoga	9:00-9:50a
Total Body	1:00-1:45p
Tai Chi	2:00-2:50p
Yoga	3:10-3:50p
Strength & Condit.	5:20-6:20p

## Monday /Wed/ Friday

Circuit	7:00-7:50am
Zumba	12:10-12:50p

## Tues/Thurs

Zumba	7:00-7:50am
Tabata	12:10-12:50p


## Chair Fitness \*10:30-11:00am\*

Wanity Dining	Mon/Wed/Fri
Foster Retirement	Tues/Thurs

## GERI-Fit \*12:15-1:00pm\*

AAOA	Tues/Thurs
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Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3 <b>Star Wars Day</b> 3-5 @ YN Library Wellness Walk 1:30pm @ Harrah Elementary	4
5	6	7	8	9	10 <b>Stake Your Claim Day</b> @Kamiakan Gardens	11 <b>Stake Your Claim Day</b> @Kamiakan Gardens 12:30-3:00pm
12	13	14	15	16 Wellness Walk 1pm @ WSHS	17 Honoring Women Veterans 10am@RV park	18 <b>Wakishwi Closed</b>
19	20	21	22 Elder's Day Luncheon @ Legends	23	24	25
26	27  Memorial Day (Closed)	28	29	30	31 May Flowers Walk 8-12 @RV Park	

Hours:  
Monday-Thursday: 6am-7pm  
Friday: 6am-6pm  
Saturday: 8am-12pm

**\*STAR PARTICIPANTS\***  
**Nicholas Pimms**  
&  
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