



September

FITNESS CLASS SCHEDULE 2009

Mon	Tues	Wed	Thurs	Fri
	1 CPR 4 Directions-O YOGA CLASS - B	2 4 Directions-O	3 4 Directions-O YOGA CLASS - B	4 CPR 4 Directions-O INSTRUCTOR MEETING!! 12:30
7 LABOR DAY	8 4 Directions-O YOGA CLASS - J	9 4 Directions-O	10 4 Directions-O No Yoga Class	11 4 Directions-O
14 4 Directions-O	15 4 Directions-O YOGA CLASS - J	16 4 Directions-O WELLNESS	17 4 Directions-O YOGA CLASS - B CONFERENCE	18 4 Directions-O
21 4 Directions-O	22 4 Directions-O YOGA CLASS - J	23 4 Directions-O	24 4 Directions-O No Yoga Class	25 NATIVE AMERICAN INDIAN DAY
28 4 Directions-O Community Fitness Starts-G	29 4 Directions-O YOGA CLASS - J Community Fitness	30 4 Directions-O Community Fitness		

Group Fitness Instructors: [Ola Hernandez](#), [Gary Townsend](#), [Rebecca Washakie](#), [Julie Dustin](#), [Brandelle Whitworth](#)

Four Directions – Program Class Mon-Fri. – 8:30 to 9:30 am
 Community Fitness – Mon. & Wed. 6:00 pm, Tues & Thursdays 5:30 pm
 Yoga – Tuesdays & Thursdays – 12:10 to 12:50 pm
 If you have any questions about fitness classes, call Health Education at 478-3965.

Call for appointment for Personal Trainers: Ola Hernandez, M-T, 8-5, 339-1381
 Nick Broncho, Call for appointment, 226-6989

NEW FOR 2009: CHILDREN 13 YRS. AND OVER ARE ALLOWED TO PARTICIPATE WITH PARENTAL OR ADULT SUPERVISION.