

Wak'ishwi

Program



AUGUST



2026

Class Schedule

Full Body Sculpt	(M-F)	7:10-7:50am
Yoga	(M-F)	9:10-9:50am
Chair Aerobics	(M-F)	10:10-10:50am
Zumba	(M,W,F)	11:10-11:50am
Tabata	(T,Th)	11:10-11:50am
Tabata	(M,W,F)	12:10-12:50pm
Zumba	(T, TH)	12:10-12:50pm
Power Hour	(M-F)	3:10-3:50pm
Circuit	(M,W,F)	5:10-5:50pm
Zumba	(T, TH)	5:10-6:00pm

Hours:
Monday-Friday
7am-6pm

Contact Info:
94 Wishpoosh rd.
Toppenish, WA 98948
509-865-5121
X-6756

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3	4	5	6 Produce Giveaway @ Cultural Center 9am to 1pm	7	8
9	10	11 Produce Giveaway 8am-1pm	12	13	14	15
16	17	18 Produce Giveaway 8am-1pm	19	20	21	22
23	24	25 Produce Giveaway 8am-1pm	26 Summer Jam @ White Swan HS 5pm-7pm	27 LETS COOK! Cooking Class 11:00 am @ Center	28 Line Dancing @2:00 pm	29
30	31					

National Wellness Month



Eat more fruits and veggies,



Get plenty of sleep



20 minutes a day



8-10 cups a day



lower sugar intake



limit screentime



PATH TO A HEALTHY LIFE