

Class Schedule

Full Body Sculpt	(M-F)	7:10-7:50am
Yoga	(M-F)	9:10-9:50am
Chair Aerobics	(MWF)	10:10-10:50am
Balance & Stability	(T,TH)	10:10-10:50am
Zumba	(MWF)	11:10-11:50am
Tabata	(T,Th)	11:10-11:50am
Tabata	(MWF)	12:10-12:50pm
Zumba	(T,TH)	12:10-12:50pm
Run 101	(M-F)	1:10-2:00pm
Power Hour	(M-F)	3:10-3:50pm
Circuit	(MWF)	5:10-5:50pm
Zumba	(T,TH)	5:10-6:00pm

Hours:
Monday—
Friday
7am-6pm

Contact Info:
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Toppenish, WA 98948
509-865-5121
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How to ...

#SQUASHGOALS

01

Track your daily activities for a week using apps or journals to identify patterns and areas that need improvement in your lifestyle.

02

Set a specific, measurable goal such as walking for 30 minutes, five days a week, for the next three months, instead of a vague goal like "exercise more".

03

Break down large goals into smaller steps, such as starting with a 5K run if your ultimate goal is to run a marathon, and increase your weekly mileage by no more than 10% to avoid injury and burnout.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
				Turn Team Steps in		
4	5	6 Produce Giveaway 8am-1pm	7 Open Gym @ TCC 12pm-1pm Step Aerobics at 5:05pm @ Center	8	9	10
11	12 Indigenous People's Day (Closed)	13 Produce Giveaway 8am-1pm	14 Open Gym @ TCC 12pm-1pm	15 Breast Cancer Awareness Walk/Event @ Culture Center 9am-1pm	16	17
18	19	20 Produce Giveaway 8am-1pm	21 Open Gym @ TCC 12pm-1pm	22	23 Line Dancing @ 2pm	24
25	26	27 Produce Giveaway 8am-1pm	28 Cooking Class 11:00 am @ Center Open Gym @ TCC 12pm-1pm	29	30	31

Benefits of squash:

Supports A Healthy Immune System
Promote Skin Health

Contains Cancer-Fighting Compounds

Regulate Blood Sugar

Improve Digestive Health

