



Health & Wellness Classes



Harman Center 101 N 65th Ave Yakima 98908

Monday	Tuesday	Wednesday	Thursday
<p>Forever Fitness 8:15 am & 9:30 am \$2.00 Drop-In Fee NO PUNCHCARDS ACCEPTED</p> <p>Intermediate Line Dancing 3:00pm-4:00pm \$4/session</p>	<p>Exercise w/ Mei-Lynne 9:00am—10:00am \$6/session</p> <p>Belly Dancing 1:30pm-2:30pm \$1 Drop-In</p> <p>Intermediate Tap Dancing 3:00pm-4:00pm \$1 Drop-In</p>	<p>Forever Fitness 8:15 am & 9:30 am \$2.00 Drop-In Fee NO PUNCHCARDS ACCEPTED</p> <p>Blood Pressure & Blood Sugar Screenings 9:00am—11:00am FREE</p> <p>Beginners Line Dancing 3:00pm—4:00pm \$4/session</p>	<p>Exercise w/ Mei-Lynne 9:00am—10:00am \$6/session</p> <p>TOPS (Weight Support) 10:00am—11:20am \$32/yearly + \$21 quarterly</p>

Please remember to mask up & social distance!

Bring your own equipment for classes: mats, weights, bands, towels, water bottles, etc.