



City of Yakima

News Release

Subject: Harman Center Health and Wellness Classes

Contact: Parks & Recreation Manager Ken Wilkinson – 576-6416

Communications & Public Affairs Director Randy Beehler – 901-1142

Release Date: Thursday, October 15th, 2020

Harman Center Re-Opens for Health, Wellness Classes

Health and wellness classes resume Monday, October 19th, at the City of Yakima Harman Center.

“It is exciting to be able to bring back these classes for our community,” said Recreation Program Supervisor Leslie Richards. “We have missed our seniors and I know they have missed us here at the Harman Center as well.”

Classes will be offered Monday through Thursday each week. Fitness classes include “Forever Fitness,” as well as exercise and dancing courses. Wellness programs include weight loss and screenings for blood pressure and blood sugar levels. The full schedule is provided below.

Social distancing protocols will be required and are also provided below.

Yakima County advanced to Phase 2 of the state’s Safe Start Plan, after having previously been in a modified Phase 1 status. The progress was announced Tuesday by Gov. Jay Inslee during a news conference.

Call 575-6166 or click <https://yakimaparks.com/senior-center/> for more about the Harman Center.



Health & Wellness Classes



Harman Center 101 N 65th Ave Yakima 98908

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

Please remember to mask up & social distance!

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



Harman Center



Exercise & Health Program Protocols

The Harman Center is not only a recreational facility but also a health and wellness facility. We conduct exercise programs at the Center such as Forever Fitness, Pilates, Zumba, Chair Dancing, Belly Dancing, Line Dancing, and Tap Dancing. We also provide wellness checks such as Blood Pressure Checks, Blood Sugar Checks, Cognition Screenings, Dental Screenings, Hearing Aide Cleanings and Hearing Screenings. The following would be the protocols for conducting these programs inside the Harman Center.

- A sign-in sheet will be present for all participants to fill out.
- All participants are required to wear a mask.
- All participants are required to bring their own equipment, i.e. mats, towels, water bottles, exercise bands, weights. Sanitation wipes are available to wipe down chairs and mats after each class.
- Staff will disinfect room before and after exercise classes.
- Hand Sanitizer is available at sanitation stations and on wall dispensers.
- Each participant will be a minimum of 300 square feet apart in the classes.
- Only 5 participants will be allowed per instructor.

The following would be the protocols for conducting our wellness programs inside the Harman Center:

- A sign-in sheet will be present for all participants to fill out.
- Participants waiting to be seen would be 6 feet apart and required to wear a mask.
- Staff and/or Facilitator will disinfect area between participants.
- Hand Sanitizer is available at sanitation stations and on wall dispensers.

Exercise Classes Available:

- Forever Fitness – 2 Classes, 2X/per week
- Zumba – 1 Class, 2X/Week
- Line Dancing – 2 Classes, 2X/Week
- Tap Dancing – 1 Class, 1X/Week
- Belly Dancing – 1 Class, 1X/Week

Wellness Programs Available:

- Hearing Aid Cleanings & Hearing Screenings – 1X/Quarter
- Cognition Screenings- 1X/Quarter
- Dental Screenings – 1X/Quarter
- Blood Pressure & Blood Sugar Checks – 1X/Week