

Stay Active w/Nimiipuu Health!

SEPT.

2026

Classes/Opportunities

Description

RESISTANCE BANDS W/KRISTINE

Mon. & Wed. | 12-12:45pm | Fitness Center

KAMIAH

Sept. 11, 25 & Oct. 9, 23 | 12pm-12:45pm | Wa-A'Yas



Full-body strength class w/resistance bands for strength, stability, & mobility

MYO-FASCIAL MAGIC W/KRISTINE

Mon. Wed. Fri. | 11-11:30am | Fitness Center

KAMIAH

Sept. 11, 25 & Oct. 9, 23 | 11-11:30am | Wa-A'Yas



Self-care & injury-prevention w/stretchers, mobility & myofascial release to reduce tension & improve movement

SPIN CLASS W/DR. CAPAWANA

Sept. 4, 11, 25 | 12-12:45pm | Fitness Center
Oct. 9, 23



Energetic cycling for cardio fitness, endurance, & strength for all fitness levels

PILATES W/MARISSA

Tue. & Thur. | 12-12:45pm | Fitness Center



Low-impact, full-body w/ core strength, balance, flexibility, posture & controlled movement

SPIN CLASS W/CARA

Mon. Wed. Fri. | 6-7am | Fitness Center



Indoor cycling w/ music, mixed terrain & intervals, full-body cardio

ZUMBA DANCE CLASS W/KRISTINE

Tue. | 6:30am-7:15am | Fitness Center

KAMIAH

Sept. 11, 25 & Oct. 9, 23 | 1-1:45pm | Wa-A'Yas



Upbeat dance fitness class w/simple steps & cardio exercise to improve endurance & get you moving

FIT & FALL PROOF CLASSES (FOR OLDER ADULTS)

Wed. 2:30pm & Thur. 1pm | Lrg. Conf. Room

KAMIAH

w/Sonya - Mon. & Wed. | 1-1:45pm | Wa-A'Yas



Low-impact exercises for strength, balance & mobility to prevent falls & support independence

MILEAGE CLUB

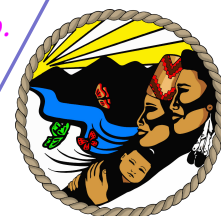
Sept. 1, 11, 15, 24 & 29 | 12pm | LHS Track

KAMIAH

Wednesdays | 12pm | Wa-A'Yas



Supportive walking club. Walk, stay active, & earn charms too!



Available for Checkout at the Fitness Center!

See staff for details during open hours

PICKLE BALL GEAR ✦ AGILITY LADDER/CONES ✦ BIKES ✦ SPEED PARACHUTE
TENNIS EQUIPMENT ✦ LOCKERS ✦ YOGA MATS ✦ CORNHOLE SETS

Fitness Center Hours
Mon-Thur | 6am-7pm
Fri | 6am-3:30pm

For more info call: 208.843.2271

Fitness Center Desk: Ext.2847 | Kristine Riggers: Ext.2977 | Marissa Verduci: Ext.2849