

Stay Active w/Nimiipuu Health!

OCT.

2026

Classes/Opportunities

Description

RESISTANCE BANDS W/KRISTINE

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

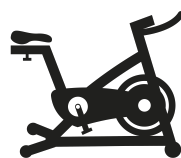
Mon. Wed. Fri. | 11-11:30am | Fitness Center
KAMIAH
 Oct. 9 & 23 | 11-11:30am | Wa-A'Yas



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

SPIN CLASSES

W/DR. CAPAWANA
 Oct. 9 & 23 | 12-12:45pm | Fitness Center
W/CARA
 Mon. Wed. Fri. | 6-7am | Fitness Center



Energetic indoor cycling w/music 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

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

Oct. 9, 15, 19, 27 | 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