Stay Active w/Nimiipuu Health!

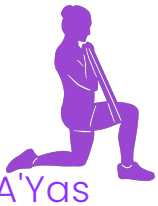
NOV. 2026

Classes/Opportunities — Description

RESISTANCE BANDS W/KRISTINE
Mon. & Wed. | 12-12:45pm | Fitness Center

KAMIAH

Nov. 6, 20 & Dec. 4, 18 | 12pm-12:45pm | Wa-A'Yas



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

ZUMBA DANCE CLASS W/KRISTINE
Thur. | 5:30pm-6:15pm | Fitness Center



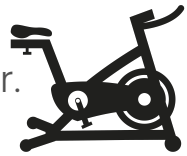
Upbeat dance fitness class w/simple steps & cardio exercise to improve endurance & get you moving

SPIN CLASSES
W/DR. CAPAWANA

Nov. 6, 13 & Dec. 11 | 12-12:45pm | Fitness Cntr.

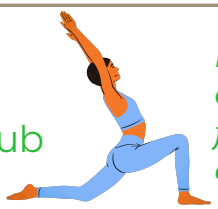
W/CARA

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



Energetic indoor cycling w/music for cardio fitness, endurance, & strength for all fitness levels

PILATES W/MARISSA
Nov. 3, 5, 10, 12 | 12-12:45pm | Lapwai B&G Club



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
Nov. 2, 12, 17, 23(Turkey Trot) | 12pm | LHS Track

KAMIAH

Each Wed.(Turkey Trot 11/18) | 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