Northwest W.O.W. Comes to Paddle to Nisqually 2016

Nisqually Wave of Wellness 2016

Agenda for Monday August 1st, 2016

7 AM: Sunrise Yoga, with Maya Brickner.

8 AM: Lite Breakfast, Introductions & Guest Speakers

9 AM: Kareem Gannie HIIT workout

10 AM: Special Fitness Guests

11 AM: ZUMBA® with Ho'o

12 PM: Mile Walk

Monday, August 1st

at the Nisqually Youth & Community Center