

YOUTH AND COMMUNITY CENTER

HEALTH, FITNESS, AND, NUTRITION

*Start with small changes
for a healthier future*

**Kareem Gannie – Health
Coach**

Monday – Friday

10am – 7pm

- Personal/Group Training
 - Cardio, Weights
 - Goal Setting
 - Nutritional Consult
- Walking/Running group

ZUMBA with Ho'o

Mondays & Wednesdays

12noon and 5pm

Kareem Gannie, Health Coach

(360) 455-5213

*Inter-tribal league is going
to begin for the Middle and
High school children.
Come Support the youth at
Wednesday games!!*

*Subject to change during
Holidays, Special Events,
and early closures by the
Tribe.*

