

Sisseton Wahpeton Oyate Diabetes Center

MAY

2026

Physical activity classes & events for the month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
hours: monday - friday 6am-7pm saturday 10am - 4pm sunday closed	Instructors: Nicole Dani Glenn	Jenny the dietitian is here on Tuesdays 😊				1 hiit 12:10pm-12:50pm	2
3	4 spin class 12:15pm-12:45pm	5 cardio aerobics 12:15pm-12:45pm intro to dumbbells 5:45pm-6:30pm	6 strength & stamina 12:15pm-12:45pm functional movement 5:45pm-6:30pm	7 spin class 12:15pm-12:45pm core strength 5:45pm-6:30pm	8 hiit 12:10pm-12:50pm	9	
10	11 strength & stamina 12:15pm-12:45pm	12 spin class 12:15pm-12:45pm intro to dumbbells 5:45pm-6:30pm	13 cardio aerobics 12:15pm-12:45pm functional movement 5:45pm-6:30pm	14 spin class 12:15pm-12:45pm core strength 5:45pm-6:30pm	15 hiit 12:10pm-12:50pm	16	
17	18 spin class 12:15pm-12:45pm	19 strength & stamina 12:15pm-12:45pm intro to dumbbells 5:45pm-6:30pm	20 cardio aerobics 12:15pm-12:45pm functional movement 5:45pm-6:30pm	21 spin class 12:15pm-12:45pm core strength 5:45pm-6:30pm	22 hiit 12:10pm-12:50pm	23	
24	25 cardio aerobics 12:15pm-12:45pm	26 spin class 12:15pm-12:45pm intro to dumbbells 5:45pm-6:30pm	27 strength & stamina 12:15pm-12:45pm functional movement 5:45pm-6:30pm	28 spin class 12:15pm-12:45pm core strength 5:45pm-6:30pm	29 hiit 12:10pm-12:50pm	30	
31						phone # 605-698-3922	