

Sisseton Wahpeton Oyate
Diabetes Center

March 2026

Physical activity classes &
events for the month

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