

November 2019

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4 Lunch Time Workout D6 Zumba	5 No Class	6 No Class	7 Lunch Time Workout D2 Yoga D5 Zumba	8 Lunch Time Workout	9
10	11 HOLIDAY Gym Closed	12 Lunch Time Workout D2 Yoga D5 Zumba	13 Lunch Time Zumba D4 KickBoxing	14 Lunch Time Workout D2 Yoga D5 Zumba	15 No Class Walking Path Grand Opening *gym open*	16
17	18 Lunch Time Workout D6 Zumba	19 Lunch Time Workout D2 Yoga D5 Zumba	20 Lunch Time Zumba D4 KickBoxing	21 Lunch Time Workout D2 Yoga D5 Zumba	22 Lunch Time Workout	23
24	25 Lunch Time Workout D6 Zumba	26 Gym Closed No Class Staff Meeting	27 Lunch Time Zumba D4 KickBoxing	28 HOLIDAY Gym Closed No Class	29 HOLIDAY Gym Closed No Class	30

Lunch Time Workouts
@ Boys & Girls Club
Sacaton Az
Monday-Fridays
12:00pm-1:00pm

DISTRICT CLASSES

B&G CLUB ZUMBA
12:00pm - 1:00pm
Wednesday
w/**Frances**
D2
YOGA
5:30pm-6:30pm
Tue. & Thur.
Kristy
D4
Kickboxing & Conditioning
5:30pm-6:30pm
w/**SLY**
D5- ZUMBA
5:30pm-6:30pm
Tuesday/Thursday
w/**TBA**
D6- ZUMBA
6:00pm-7:00pm
Monday
w/**Frances**
D7- ZUMBA
6:00pm-7:00pm

Phone Number:
520-562-2026
Email: wellness.center@gric.nsn.us

Lunch Time Workouts

Monday

Brandon

Tuesday

SLY

Wednesday Thursday

Frances

Brandon

Friday

TBA

Hours of Operation
Mon-Thurs 6am-7pm