

# January 2020

SUN	MON	TUE	WED	THU	FRI	SAT
Monday Runday 12PM @ Fair Grounds  Warrior Wednesday 12PM @ Fair Grounds			1 Holiday Gym Closed	2 No Classes	3 No Classes	4
5	6 Runday LunchTime Workout D5 S&C	7 Lunch Time Workout D2 Zumba D4 Yoga	8 Lunch Time Zumba Warrior Wednesday	9 Lunch Time Workout D2 Zumba D4 Yoga	10 Cardio Stretch  Let's Glow Zumbathon D3 B&G Club 5:30pm- 8:00pm	11
12	13 Runday LunchTime Workout D5 S&C	14 Lunch Time Workout D2 Zumba	15 Lunch Time Zumba Warrior Wednesday	16 Lunch Time Workout D2 Zumba	17 Cardio Stretch w/Sly	18 March To MCT 8k Starts @ 7AM
19	20 Holiday Gym Closed	21 Lunch Time Workout D2 Zumba D4 Yoga	22 Lunch Time Zumba Warrior Wednesday	23 Lunch Time Workout D2 Zumba D4 Yoga	24 Cardio Stretch w/Sly	25
26	27 Runday LunchTime Workout D5 S&C	28 Lunch Time Workout D2 Zumba	29 Lunch Time Zumba Warrior Wednesday	30 Lunch Time Workout D2 Zumba	31 Cardio Stretch w/Sly	

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

## DISTRICT CLASSES

**D2**  
Zumba  
5:30pm-6:30pm  
Tue. & Thur.  
w/Frances

**B&G CLUB ZUMBA**  
12:00pm - 1:00pm  
Wednesday  
w/Frances

**B&G CLUB CARDIO STRETCH**  
12:00pm - 1:00pm  
Friday  
w/Sly

**D4**  
Yoga-Strengthen & Lengthen  
5:30pm-6:30pm  
w/Brandon

**D5**  
Strength & Conditioning  
5:30pm-6:30pm  
Monday/Wednesday  
w/Sly

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

## Lunch Time Workouts

Monday  
Brandon

Tuesday  
Kory

Wednesday  
Frances

Thursday  
Bee

Friday  
SLY

Hours of Operation  
Mon-Thurs 6am-7pm  
Fri- 6am-5pm