

FIT KIT



WORKOUTS

****Pre-registration Required****

Dumbbell Kit
Pick up August 7th
WORKOUT DAYS
8/10 + 8/13



SCAN ME

SIGN UPS OPEN
8/3/20

Band Kit
Pick up August 14th
WORKOUT DAYS
8/17TH + 8/20TH



SCAN ME

SIGN UPS OPEN
8/10/20

Yoga/Foam Roller Kit
August 21st
WORKOUT DAYS
8/24TH + 8/27TH



SCAN ME

SIGN UPS OPEN
8/17/20

Pick up a Fitness Kit

Join us for a ZOOM workout utilizing your kit

 Find us on
Facebook


zoom

****By registering and receiving a fitness kit you are committing to****

To qualify for a kit you must
be enrolled in a Federally
Recognized Tribe

-Participating in ZOOM workouts
-Completing a Pre and Post survey
All pick ups will be @ Sacaton Fair Grounds
11:00am - 12:30pm

Must be 18 years or
older

For more information email brandon.begay@gric.nsn.us