

FIT KIT



WORKOUTS

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

Stability Ball Kit

WORKOUT DAYS
9/8/2020
12:00PM

SCAN ME



SCAN ME



Kettlebell Kit

WORKOUT DAYS
9/9/2020
6:00PM

SIGN UPS OPEN
9/1/20
12:00PM
****LIMITED TO**
80
PARTICIPANTS**

Due to the amount of weight available, Kettlebell Kit is recommended for individuals who are moderate to very active, Only 30lbs and 35lbs Kettlebells are available.

SIGN UPS OPEN
9/1/20
12:00PM
****LIMITED TO**
30
PARTICIPANTS**

Pick up a Fitness Kit

Join us for a ZOOM workout utilizing your kit



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

zoom

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

