



# TRIBAL RECREATION & WELLNESS

# NOVEMBER 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 ELDER Zoom Fitness Class 8am Greatest HITT's on ZOOM 6pm Facebook Fitness Video	3 Mobility for Active Lifestyles on ZOOM 12pm Facebook Fitness Video	4 Mind, Body, Balance & Stability on ZOOM 12pm Bigger, Faster, Stronger on ZOOM 6pm	5 Full Body Workout on ZOOM 12pm LIVE Sports Kahoot Trivia 6pm Facebook Fitness Video	6 ELDER Zoom Fitness Class 8am Facebook Nutrition Video
9 ELDER Zoom Fitness Class 8am Greatest HITT's on ZOOM 6pm Facebook Fitness Video	10 Morning Grind on ZOOM 6am Mobility for Active Lifestyles on ZOOM 12pm Facebook Fitness Video	11 <b>VETERANS DAY CLOSED FOR BUSINESS</b>	12 Morning Grind on ZOOM 6am Full Body Workout on ZOOM 12pm LIVE Sports Kahoot Trivia 6pm Facebook Fitness Video	13 ELDER Zoom Fitness Class 8am Facebook Nutrition Video <b>"Covid Can't Weigh Me Down" Reg. OPENS</b>
16 ELDER Zoom Fitness Class 8am Greatest HITT's on ZOOM 6pm Facebook Fitness Video	10 Morning Grind on ZOOM 6am Mobility for Active Lifestyles on ZOOM 12pm Facebook Fitness Video	18 <b>"Covid Can't Weigh Me Down" Reg. CLOSES</b> Mind, Body, Balance & Stability on ZOOM 12pm Healthy Choices Trivia 12pm Bigger, Faster, Stronger on ZOOM 6pm	19 Morning Grind on ZOOM 6am Full Body Workout on ZOOM 12pm LIVE Sports Kahoot Trivia 6pm Facebook Fitness Video	20 ELDER Zoom Fitness Class 8am Facebook Nutrition Video <b>Roundtable Discussion #2</b>
23 ELDER Zoom Fitness Class 8am Greatest HITT's on ZOOM 6pm Facebook Fitness Video	24 Morning Grind on ZOOM 6am Mobility for Active Lifestyles on ZOOM 12pm Facebook Fitness Video	25 Mind, Body, Balance & Stability on ZOOM 12pm Healthy Choices Trivia 12pm Bigger, Faster, Stronger on ZOOM 6pm	26 <b>THANKSGIVING HOLIDAY CLOSED FOR BUSINESS</b>	27
30 <b>21 miles to 2021 Reg. OPENS</b> ELDER Zoom Fitness Class 8am Greatest HITT's on ZOOM 6pm Facebook Fitness Video				
<h2>HOLIDAY TIPS</h2> <ul style="list-style-type: none"> <li style="width: 50%;">⇒ Eat a light breakfast.</li> <li style="width: 50%;">⇒ Eat your meals SLOWLY!</li> <li style="width: 50%;">⇒ Workout beforehand.</li> <li style="width: 50%;">⇒ Drink plenty of water.</li> <li style="width: 50%;">⇒ Take a walk after a meal.</li> <li style="width: 50%;">⇒ Modify recipes with healthy choices.</li> </ul>				

TO BE ADDED TO OUR EMAIL LIST FOR THE MOST UP TO DATE INFORMATION EMAIL US AT WELLNESS.CENTER@GRIC.NSN.US

## NEW NOVEMBER ACTIVITIES

- ⇒ **Tues/Thurs Morning Grind Fitness Class** starts 11/10
- ⇒ **Round Table Discussion #2** November 20th
- ⇒ **21 Miles to 2021 Registration** Opens 11/30
- ⇒ **Covid Can't Weigh Me Down Challenge** Reg. opens 11/13
- ⇒ **NEW Healthy Choices Trivia** every Wednesday 12pm to 12:30pm
- ⇒ **NEW LIVE Sports Trivia w/ Kahoot** every Thursday @ 6PM

## The Turkey Burner Workout

Warm Up (30 seconds each)

Jumping Jacks, Bodyweight Squats, Mountain Climbers, Glute Bridges

### BLOCK ONE

Jump Squats 5X

Push-ups 10X

Bodyweight squats 10X

### BLOCK TWO

Single Leg Deadlift 8X

Bent over "Y"s 10X

Hand walks 30 seconds

### BLOCK THREE

Glute Bridge 10X

Front Planks 20 seconds

~ ~ ~ REPEAT EACH BLOCK TWO TIMES ~ ~ ~

By Coach Ryan

## ELDER ZOOM CLASS EVERY MON/FRI @ 8AM

## CONTACT INFORMATION

FITNESS QUESTIONS? CALL (520) 610-4996

SPORTS QUESTIONS? CALL (520) 610-5552 OR (520) 610-5597

ADMINISTRATION QUESTIONS? CALL (520) 610-5595 OR (520) 610-4968



EMAIL WELLNESS.CENTER@GRIC.NSN.US

