



GILA RIVER WELLNESS CENTER
ROAD TO:



TRAIL OF DOOM



SAVE
THE
DATES

ZOMBIE ZUMBA OCT 5TH @ TBA

OCT 12TH @TBA DAY OF THE DEADLIFT

MADHOUSE WORKOUT OCT 26TH @TBA

OCT 19TH @MCT FAIRGROUNDS 5K FUN RUN/WALK



TRAIL OF DOOM NIGHT
OCT 30TH @ MCT FAIRGROUNDS



ALL TIMES, LOCATIONS & ACTIVITIES ARE SUBJECT TO CHANGE.

FOR MORE INFORMATION
CONTACT THE WELLNESS CENTER @ (520) 562-2026