



**GILA RIVER WELLNESS CENTER**



**ROAD TO:**

# TRAIL OF DOOM



**ZOMBIE ZUMBA** OCT 5TH WELLNESS CENTER 5:15PM

OCT 12TH WELLNESS CENTER 5:30PM **DAY OF THE DEADLIFT\***

**MADHOUSE WORKOUT** OCT 26TH WELLNESS CENTER 11AM

OCT 26TH MCT FAIRGROUNDS 5:00PM **5K FUN RUN/WALK\***

*\*PRE-REGISTRATION REQUIRED FOR CERTAIN EVENTS.*



**TRAIL OF DOOM NIGHT**  
OCT 30TH @MCT FAIRGROUNDS  
5:30PM TO 8:30PM



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