

GILA RIVER INDIAN COMMUNITY TRIBAL RECREATION & WELLNESS

Fitness Questions? Call (520) 562-2026
 Sports Questions? Call (520) 562-2024 or 2025
 Administrative Questions? Call (520) 562-6087
 Email: Wellness.center@gric.nsn.us

LOCATION: 315 W. CASA BLANCA RD.
 SACATON, AZ, 85147
 GYM HOURS: MONDAY-THURSDAY 6AM TO 7PM
 FRIDAYS 6AM TO 5PM

JANUARY 2023



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1	2 CLOSED IN OBSERVANCE OF NEW YEARS DAY	3 12pm D3 HIIT Training 5:30pm D2 Total Body Strength 6pm D5 Yoga NYWL CHALLENGE WEIGH-IN	4 12pm FG Lunch Run 5:30pm D3 HIIT Training NYWL CHALLENGE WEIGH-IN 6PM PART II: SQUAT SERIES	5 12pm D3 Bootcamp Workout 5:30pm D3 Cardio Kickboxing 6pm D5 Yoga NYWL CHALLENGE WEIGH-IN	6 GYM CLOSED 9AM-10:30AM 10am: D5 Elder Chair Yoga 12pm: D3 TRX Fusion 6PM PART II: SQUAT SERIES MCT RUN SERIES 5K RUN JR. HIGH BOYS BASKETBALL TOURN.	7
8	9 12pm: D3 TRX Fusion 1pm: D5 Elder Chair Yoga 5:30pm D3 Bootcamp Workout GYM HOURS: 6am-5:30pm ECVB LEAGUE: D2 8am - 12pm 6pm PART II: SQUAT SERIES	10 12pm D3 HIIT Training 5:30pm D2 Total Body Strength 6pm D5 Yoga	11 12pm FG Lunch Run 5:30pm D3 HIIT Training GYM HOURS: 6am-5:30pm ECVB LEAGUE: D2 8am - 12pm 6pm PART II: SQUAT SERIES	12 12pm D3 Bootcamp Workout 5:30pm D3 Cardio Kickboxing 6pm D5 Yoga	13 10am: D5 Elder Chair Yoga GYM CLOSED AT 3PM FOR EVENT PREPARATION 5:30pm: 1ST ANNUAL SQUAT CHALLENGE: D3	14
15	16 CLOSED IN OBSERVANCE OF MLK JR. DAY	17 11am-1pm Volleyball League 5:30pm D2 Total Body Strength 6pm D5 Yoga	18 12pm FG Lunch Run 5:30pm D3 HIIT Training ECVB LEAGUE: D2 8am-12pm	19 11am-1pm Volleyball League 5:30pm D3 Cardio Kickboxing 6pm D5 Yoga 6pm: NYWL CHALLENGE SEMINAR	20 10am: D5 Elder Chair Yoga 12pm: D3 TRX Fusion GYM CLOSED 9AM-10:30AM ECVB LEAGUE: D2 8am-12pm	21 EL TOUR DE GRIC #2
22	23 1pm D5 Elder Chair Yoga GYM CLOSED ALL DAY DUE TO EMPLOYEE OLYMPICS EVENTS	24 6pm D5 Yoga	25 5:30pm D3 HIIT Training GYM HOURS: 6am-5:30pm GYM CLOSED 10:30am - 3pm ro EO 6PM PART I: BENCH SERIES	26 5:30pm D3 Cardio Kickboxing 6pm D5 Yoga	27 10am - D5 Elder Chair Yoga 12pm D3 Circuit Training FIT BUCKS KICK OFF	28 MCT RUN SERIES 10K RUN
29	30 1pm D5 Elder Chair Yoga 12pm D3 Circuit Training 5:30pm D3 Bootcamp Workout ECVB LEAGUE: D2 8am - 12pm	31 11am-1pm Volleyball League 5:30pm D2 Total Body Strength 6pm - D5 Yoga	SPECIAL ACTIVITIES: <div style="display: flex; align-items: flex-start;"> <div style="margin-right: 10px;"> <div style="width: 15px; height: 15px; background-color: #90EE90; border: 1px solid black; margin-bottom: 5px;"></div> Elder Class <div style="width: 15px; height: 15px; background-color: #FF0000; border: 1px solid black; margin-bottom: 5px;"></div> Lunch Class <div style="width: 15px; height: 15px; background-color: #00BFFF; border: 1px solid black; margin-bottom: 5px;"></div> Adult Class </div> <div> <p><i>Jr. High Boys Basketball Tourn.</i> Jan. 6-7, 2023</p> <p><i>Elder Chair Volleyball League Dates:</i> Jan. 9, 2023 Jan. 11, 2023 Jan. 18, 2023 Jan. 20, 2023 Jan. 30, 2023</p> <p>EL TOUR DE GRIC DATES: Jan. 21, 2023</p> <p>Employee Olympics Dates: Jan. 23-25, 2023</p> <p>Squat Challenge Date: Jan. 13, 2023</p> <p>Fit Bucks Store Kick Off Dates: Jan. 27, 2023</p> </div> </div> <p>New Year's Weight Loss Challenge Weigh-In Dates: Jan. 3-5, 2023 CHALLENGE STARTS: Jan. 09, 2023</p> <p>New Year's Weight Loss Challenge Seminar: Jan. 19, 2023</p> <p>Part II Squat Series Dates: Jan. 4, 2023 Jan. 6, 2023 Jan. 9, 2023</p> <p>MCT Run Series Dates: Jan. 7, 2023 (5K) Jan. 28, 2023 (10K)</p>			

SCHEDULE IS SUBJECT TO CHANGE AS DEEMED NECESSARY BY TRIBAL RECREATION & WELLNESS