

GILA RIVER INDIAN COMMUNITY TRIBAL RECREATION & WELLNESS ELDER FITNESS ACTIVITIES

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 10am: D7 Elder Fitness | 4 | 5 10am: D2 Elder Fitness | 6 GYM CLOSED 9AM-10:30AM 10am: D5 Elder Chair Yoga | 7 MCT ELDER WALK SERIES |
| 8 GYM HOURS: 6am-5:30pm 10am: D3 Elder Fitness 1pm: D5 Elder Chair Yoga | 9 | 10 10am: D7 Elder Fitness | 11 GYM HOURS: 6am-5:30pm | 12 10am: D2 Elder Fitness | 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 10am: D7 Elder Fitness | 18 | 19 10am: D2 Elder Fitness | 20 10am: D5 Elder Chair Yoga GYM CLOSED 9AM-10:30AM ECVB LEAGUE: D2 8am-12pm | 21 EL TOUR DE GRIC #2 |
| 22 1pm D5 Elder Chair Yoga 10am: D3 Elder Fitness GYM CLOSED ALL DAY DUE TO EMPLOYEE OLYMPICS EVENTS | 23 | 24 | 25 GYM HOURS: 6am-5:30pm GYM CLOSED 10:30am - 3pm to EO | 26 10am: D2 Elder Fitness | 27 10am: D5 Elder Chair Yoga FIT BUCKS KICK OFF | 28 MCT ELDER WALK SERIES |
| 29 | 30 10am: D3 Elder Fitness 1pm D5 Elder Chair Yoga ECVB LEAGUE: D2 8am - 12pm | 31 10am: D7 Elder Fitness | SPECIAL ACTIVITIES: <div style="display: flex; justify-content: space-between;"> <div style="width: 30%;"> <ul style="list-style-type: none"> ■ Elder Class ■ Lunch Class ■ Adult Class </div> <div style="width: 65%;"> <p>MCT Run Series/Elder Walk Series Dates (an Elder Walk will be available at all MCT Run Series): Jan. 7, 2023 (5K) Jan. 28, 2023 (10K)</p> <p>Elder Chair Volleyball League Dates: Jan. 9, 2023 Jan. 11, 2023 Jan. 18, 2023 Jan. 20, 2023 Jan. 30, 2023</p> <p>Squat Challenge Date: Jan. 13, 2023</p> </div> </div> <div style="margin-top: 20px;"> <p>EL TOUR DE GRIC DATES: Jan. 21, 2023</p> <p>Fit Bucks Store Kick Off Dates: Jan. 27, 2023</p> </div> | | | |

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