

# MAY 2023

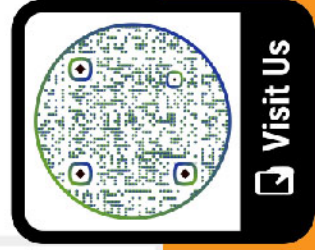
## GILA RIVER INDIAN COMMUNITY TRIBAL RECREATION & WELLNESS

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](mailto: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



SU	MO	TU	WE	TH	FR	SA
	1	2	3	4	5	6
	D3 BUILDING UNDER MAINTENANCE NO NOON/EVENING CLASSES.		GYM & RECREATION OFFICES CLOSED ALL DAY FOR MANDATORY STAFF MTG STRENGTH SERIES: DEADLIFT PART 2 5:30PM-7PM, MAIN WEIGHT FLOOR CLOSED	12pm - D3 Circuit Training 5:30pm - D3 Kickboxing	GYM CLOSED 9AM-11AM FOR MANDATORY STAFF MTG 12pm - D3 HIIT Class	
7	8	9	10	11	12	13
		EMPLOYEE HEALTH & FITNESS WEEK				
14	15	16	17	18	19	20
		TITAN TRANSFORMATION MID WEIGH-IN WEEK				
		5:30pm - D2 Total Body Strength 12pm - D3 TRX Fusion	STRENGTH SERIES: DEADLIFT PT.2 5:30PM - 7PM, WC GYM, MAIN WEIGHT FLOOR CLOSED	5:30pm - D3 Kickboxing	12pm - D3 Bootcamp Class	
21	22	23	24	25	26	27
	12pm: D3 Bootcamp Class 5:30pm - D5 Step Class STRENGTH SERIES: DEADLIFT PT.2 5:30PM - 7PM, WC GYM, MAIN WEIGHT FLOOR CLOSED	12pm - D3 TRX Fusion 5:30pm - D3 Spin Class	12pm - D3 Warrior Wednesday 5:30pm - D3 Bootcamp	12pm - D3 Circuit Training 5:30pm - D3 Kickboxing	GYM CLOSED FOR DEADLIFT CHALLENGE 12pm - D3 HIIT Class DEADLIFT CHALLENGE	
28	29	30	31			
	12pm: D3 Bootcamp Class 5:30pm - D2 Total Body Strength Class	12pm - D3 TRX Fusion 5:30pm - D3 Spin Class	12pm - D3 Warrior Wednesday 5:30pm - D3 Bootcamp			



### SPECIAL ACTIVITIES:

- Lunch Class
- Adult Class
- Part 2 Deadlift Series Dates: **Deadlift Challenge** May 3, 2023
- Titan Transformation Challenge Mid Weigh-In Week** May 15-19, 2023
- May 26, 2023
- May 10, 2023
- May 17, 2023
- May 22, 2023

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