

GILA RIVER INDIAN COMMUNITY TRIBAL RECREATION & WELLNESS ELDER ACTIVITIES

MAY 2023

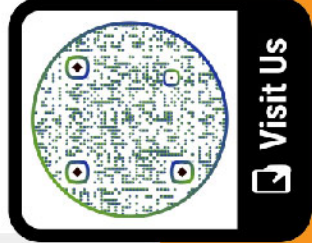


LOCATION: 315 W. CASA BLANCA RD.
SACATON, AZ, 85147

GYM HOURS: MONDAY-THURSDAY 6AM TO 7PM
FRIDAYS 6AM TO 5PM

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

SU	MO	TU	WE	TH	FR	SA
	1 10am: D3 Elder Fitness 1pm: D5 Elder Chair Yoga D3 BUILDING UNDER MAINTENANCE NO NOON/EVENING CLASSES.	2 10am: D7 Elder Fitness	3 GYM & RECREATION OFFICES CLOSED ALL DAY FOR MANDATORY STAFF MTG	4 10am: D1 Elder Fitness	5 GYM CLOSED 9AM-11AM FOR MANDATORY STAFF MTG 10am: D5 Elder Chair Yoga	6
7	8	9	10	11	12	13
EMPLOYEE HEALTH & FITNESS WEEK						
14	15 10am: D3 Elder Fitness 1pm: D5 Elder Chair Yoga	16 10am: D7 Elder Fitness	17	18	19 GYM CLOSED FOR STAFF MTG 9AM-11AM 10am: D5 Elder Chair Yoga	20
TITAN TRANSFORMATION MID WEIGH-IN WEEK						
21	22 10am: D3 Elder Fitness 1pm: D5 Elder Chair Yoga	23 10am: D7 Elder Fitness	24 1pm: D2 Elder Fitness	25	26 GYM CLOSED FOR FOR DEADLIFT CHALLENGE 12pm - D3 HIIT Class DEADLIFT CHALLENGE	27
28	29 10am: D3 Elder Fitness 1pm: D5 Elder Chair Yoga	30 10am: D7 Elder Fitness	31 1pm: D2 Elder Fitness			



SPECIAL ACTIVITIES:

- Part 2 Deadlift Series Dates: **Deadlift Challenge** May 3, 2023
- Titans Transformation Challenge Mid Weigh-In Week** May 15-19, 2023
- May 10, 2023
- May 17, 2023
- May 22, 2023

■ Lunch Class
■ Adult Class

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