

Welcome!

Telesha Irving

Fitness Instructor



Hello, my name is Telesha Irving. I'm originally from Round Rock, Arizona which is on the Navajo Nation. I have a son, his name is Jayden. Prior to working at Gila River Indian Community, I was working at Kayenta Health Center (KHC), providing personal training services for patients with chronic health conditions. However, prior to KHC, I was working with Winslow Indian Health Care Center (WIHCC) doing a lot of activities in the communities such as chair exercises at the local senior centers, coordinated 5K and half marathon running events, youth camps, and dance classes. Group Fitness Classes that I have instructed are STEP Aerobics, circuit training, and TRX Suspension Classes. I have a love hate relationship with running, I like to go hiking, travel, and strength train.

I am excited to offer my services to the Gila River Indian Community. I hope to learn more about the communities in Gila River. Thank you.

