

SEPTEMBER 2023



GILA RIVER INDIAN COMMUNITY TRIBAL RECREATION & WELLNESS

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

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

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

SU	MO	TU	WE	TH	FR	SA
<p>SPECIAL ACTIVITIES: Step Into STEPTember Challenge (VIRTUAL): Sept. 01 - 30, 2023 Adult Co-Ed Basketball League: Sept. 6, 2023 Mud Dash: Sept. 7, 2023</p>						
			<p>Lunch Class</p> <p>Evening Class</p> <p>Elder Class</p>		<p>12pm - D3 Zumba</p> <p>JUMP ROPE CHALLENGE D6 - 5:45PM - 6:45PM</p>	
<p>3</p>	<p>4</p> <p>IN OBSERVANCE OF LABOR DAY TRW GYM WILL BE CLOSED</p>	<p>5</p> <p>10am D7 - Elder Fitness</p> <p>12pm - D3 HIIT Training</p> <p>5:30pm - D1 Bootcamp</p> <p>JUMP ROPE CHALLENGE D3 - 5:45PM - 6:45PM</p>	<p>6</p> <p>12pm - D3 Warrior Wednesday</p> <p>1pm D2 - Elder Fitness</p> <p>5:30pm - D3 Spin Class</p> <p>ADULT CO-ED BASKETBALL LEAGUE</p>	<p>7</p> <p>10am D1 - Elder Fitness</p> <p>12pm - D3 Strength Training</p> <p>CLOSED 2PM-6PM IN PREPARATION FOR MUD DASH</p> <p>MUD DASH SACATON FAIRGROUNDS 5:30PM - 8PM</p>	<p>8</p> <p>10am D5 Elder Chair Yoga</p> <p>12pm - D3 Zumba</p> <p>JUMP ROPE CHALLENGE D6 - 5:45PM - 6:45PM</p>	<p>9</p>
<p>10</p>	<p>11</p> <p>12pm - D3 Bootcamp</p> <p>1pm D5 Elder Chair Yoga</p> <p>5:30pm - D2 Step</p>	<p>12</p> <p>10am D7 - Elder Fitness</p> <p>12pm - D3 HIIT Training</p> <p>5:30pm - D1 Bootcamp</p> <p>JUMP ROPE CHALLENGE D3 - 5:45PM - 6:45PM</p>	<p>13</p> <p>12pm - D3 Warrior Wednesday</p> <p>1pm D2 - Elder Fitness</p> <p>5:30pm - D3 Spin Class</p>	<p>14</p> <p>10am D1 - Elder Fitness</p> <p>12pm - D3 Strength Training</p> <p>5:30pm - D7 Circuit Training</p>	<p>15</p> <p>IN OBSERVANCE OF AMERICAN INDIAN DAY TRW GYM WILL BE CLOSED</p>	<p>16</p>
<p>17</p>	<p>18</p> <p>12pm - D3 Bootcamp</p> <p>1pm D5 Elder Chair Yoga</p> <p>5:30pm - D2 Total Body Strength Training</p>	<p>19</p> <p>10am D7 - Elder Fitness</p> <p>12pm - D3 HIIT Training</p> <p>5:30pm - D1 Bootcamp</p> <p>JUMP ROPE CHALLENGE D3 - 5:45PM - 6:45PM</p>	<p>20</p> <p>12pm - D3 Warrior Wednesday</p> <p>1pm D2 - Elder Fitness</p> <p>5:30pm - D3 Spin Class</p>	<p>21</p> <p>10am D1 - Elder Fitness</p> <p>12pm - D3 Strength Training</p> <p>5:30pm - D7 Circuit Training</p>	<p>22</p> <p>10am D5 Elder Chair Yoga</p> <p>12pm - D3 Zumba</p> <p>JUMP ROPE CHALLENGE D6 - 5:45PM - 6:45PM</p>	<p>23</p>
<p>24</p>	<p>25</p> <p>12pm - D3 Bootcamp</p> <p>1pm D5 Elder Chair Yoga</p> <p>5:30pm - D2 Step</p>	<p>26</p> <p>10am - D7 Elder Fitness</p> <p>12pm - D3 HIIT Training</p> <p>5:30pm - D1 Bootcamp</p> <p>JUMP ROPE CHALLENGE D3 - 5:45PM - 6:45PM</p>	<p>27</p> <p>12pm - D3 Warrior Wednesday</p> <p>1pm D2 - Elder Fitness</p> <p>5:30pm - D3 Spin Class</p>	<p>28</p> <p>10am D1 - Elder Fitness</p> <p>12pm - D3 Strength Training</p> <p>5:30pm - D7 Circuit Training</p>	<p>29</p> <p>10am D5 Elder Chair Yoga</p> <p>JUMP ROPE CHALLENGE D6 - 5:45PM - 6:45PM</p>	<p>30</p>
<p>KICKBALL TOURNAMENT D1 BALL FIELD</p> <p>SEPTEMBER SLAM BASKETBALL TOURNAMENT</p>						

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