

Gila River Tribal Recreation & Wellness presents

CIRCUIT TRAINING

**BEGINNER TO
INTERMEDIATE LEVEL**

**PUT THE WORK IN
GET RESULTS!**

- **TONE THE MUSCLES**
- **BOOST THE METABOLISM**
- **BURN THE FAT**



5:30pm AT D7 GYMNASIUM

SEPTEMBER SCHEDULE:

SEPTEMBER 14, 2023

SEPTEMBER 21, 2023

SEPTEMBER 28, 2023

**Must be 14yrs and up.
BRING YOUR OWN WATER!**

FOR MORE INFORMATION CALL (520) 562-2026.

