

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

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

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



NOVEMBER 2023

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<p>SPECIAL ACTIVITIES:</p> <p>■ Lunch Class ■ Evening Class ■ Elder Class</p> <p>10-12 Youth Basketball League: Nov. 4, 2023 - D3 Service Center</p> <p>Adult Co-Ed Dodgeball Tournament: Nov. 18, 2023 - TBD</p> <p><i>TRW Turkey Trot:</i> Nov. 19, 2023 - Sacaton Fairgrounds</p>						
<p>5</p> <p>10am D3 Elder Fitness 12pm - D3 Zumba 1pm D5 Elder Chair Yoga 5:30pm - D3 Circuit Training</p>	<p>6</p> <p>10am D3 Elder Fitness 12pm - D3 Zumba 1pm D5 Elder Chair Yoga 5:30pm - D3 Circuit Training</p>	<p>7</p> <p>10am D7 - Elder Fitness 12pm - D3 Bootcamp 5:30pm - D3 Spin Class</p>	<p>8</p> <p>12pm - D3 Warrior Wednesday 1pm D2 - Elder Fitness 5:30pm - D2 Step Class</p>	<p>9</p> <p>10am D1 Elder Fitness 12pm - D3 HIIT Training</p>	<p>10</p> <p>TRW WELLNESS CENTER CLOSED VETERANS DAY</p>	<p>11</p> <p>10-12 Youth Basketball League</p>
<p>12</p> <p>10am D3 Elder Fitness 12pm - D3 Zumba 1pm D5 Elder Chair Yoga 5:30pm - D3 Circuit Training</p>	<p>13</p> <p>10am D3 Elder Fitness 12pm - D3 Zumba 1pm D5 Elder Chair Yoga 5:30pm - D3 Circuit Training</p>	<p>14</p> <p>10am D7 - Elder Fitness 12pm - D3 Bootcamp 5:30pm - D3 Spin Class</p>	<p>15</p> <p>12pm - D3 Warrior Wednesday 1pm D2 - Elder Fitness 5:30pm - D2 Step Class</p>	<p>16</p> <p>10am D1 - Elder Fitness 12pm - D3 HIIT Training 5:30pm - D7 Circuit Training</p>	<p>17</p> <p>10am D5 Elder Chair Yoga 12pm - D3 Strength Training</p>	<p>18</p> <p>Adult Co-Ed Dodgeball Tourn.</p>
<p>19</p> <p>Turkey Trot 5K Run</p>	<p>20</p> <p>10am D3 Elder Fitness 12pm - D3 Zumba 1pm D5 Elder Chair Yoga 5:30pm - D3 Circuit Training</p>	<p>21</p> <p>10am D7 - Elder Fitness 12pm - D3 Bootcamp 5:30pm - D3 Spin Class</p>	<p>22</p> <p>12pm - D3 Warrior Wednesday 1pm D2 - Elder Fitness 5:30pm - D2 Bootcamp</p>	<p>23</p> <p>TRW WELLNESS CENTER CLOSED IN OBSERVANCE OF THANKSGIVING</p>	<p>24</p> <p>TRW WELLNESS CENTER CLOSED IN OBSERVANCE OF THANKSGIVING</p>	<p>25</p>
<p>26</p> <p>10am D3 Elder Fitness 12pm - D3 Zumba 1pm D5 Elder Chair Yoga 5:30pm - D3 Circuit Training</p>	<p>27</p> <p>10am D3 Elder Fitness 12pm - D3 Zumba 1pm D5 Elder Chair Yoga 5:30pm - D3 Circuit Training</p>	<p>28</p> <p>10am D7 - Elder Fitness 12pm - D3 Bootcamp 5:30pm - D3 Spin Class</p>	<p>29</p> <p>12pm - D3 Warrior Wednesday 1pm D2 - Elder Fitness 5:30pm - D2 Bootcamp</p>	<p>30</p> <p>10am D1 - Elder Fitness 12pm - D3 HIIT Training 5:30pm - D7 Circuit Training</p>	<p>1</p> <p>12pm - D3 Warrior Wednesday 1pm D2 Elder Fitness 5:30pm - D2 Step Class</p>	<p>2</p> <p>10am D1 Elder Fitness 12pm - D3 HIIT Training</p>
<p>3</p> <p>10am D5 Elder Chair Yoga 12pm - D3 Strength Training</p>	<p>4</p>	<p>1</p> <p>12pm - D3 Warrior Wednesday 1pm D2 Elder Fitness 5:30pm - D2 Step Class</p>	<p>1</p> <p>12pm - D3 Warrior Wednesday 1pm D2 Elder Fitness 5:30pm - D2 Step Class</p>	<p>2</p> <p>10am D1 Elder Fitness 12pm - D3 HIIT Training</p>	<p>3</p> <p>10am D5 Elder Chair Yoga 12pm - D3 Strength Training</p>	<p>4</p>

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