

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**



## NOVEMBER SCHEDULE:

**D3 SERVICE CENTER - 5:30PM**

**NOV. 6, 2023**

**NOV. 13, 2023**

**NOV. 20, 2023**

**NOV. 27, 2023**

**D7 SERVICE CENTER - 5:30PM**

**NOV. 16, 2023**

**NOV. 30, 2023**

**Must be 14yrs and up.**

**BRING YOUR OWN WATER!**

**FOR MORE INFORMATION CALL (520) 562-2026.**

