

FEBRUARY 2024

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



SU	MO	TU	WE	TH	FR	SA
SPECIAL ACTIVITIES: LET'S GET COOKING - D1 Feb. 6th - D1 Feb. 12th - D1 Feb. 25th, - D1 LET'S GET COOKING - D7 Feb. 8th - D7 Feb. 15th - D7 Feb. 22nd - D7	ECYB LEAGUE Feb. 5th - D2 Feb. 7th - D2 Tournament: Feb. 12th - D2 SQUAT CHALLENGE Feb. 2nd - D3 MCT 15K RUN: Feb. 10th - Sacaton Fairgrounds	EMPLOYEE LUNCH BASKETBALL LEAGUE Feb. 6th - D3 Feb. 13th - D3 NYWLC SEMINAR Feb. 21st MCT ECYB TOURNAMENT Feb. 27th-28th - D2	SUPER HERO CAMP Feb. 13th - Sacaton HDST HEALTHY HEART Feb. 20th - D1 Feb. 21st - D5 Feb. 29th - D3	10am D1 - Elder Fitness 12pm - D3 Strength Training 5:30pm - D3 Spin Class	10am D5 Elder Chair Yoga 12pm - D3 HIIT Class SQUAT CHALLENGE - D3	3
4	12pm - D3 TRX Fusion 1PM D5 Elder Chair Yoga ECYB LEAGUE DISTRICT 2	5:30pm - D3 Circuit Training EMPLOYEE LUNCH BB LEAGUE LET'S GET COOKING ONE PAN MEALS - D1 EMPLOYEE LUNCH BB LEAGUE DISTRICT 2	12pm - D3 Warrior Wednesday ECYB LEAGUE DISTRICT 2	10am D1 - Elder Fitness 12pm - D3 Strength Training 5:30pm - D3 Spin Class LET'S GET COOKING ONE PAN MEALS - D7	10am D5 Elder Chair Yoga 12pm - D3 HIIT Class	10
11	1PM D5 Elder Chair Yoga GYM CLOSED ALL DAY FOR ECYB TOURNAMENT ECYB LEAGUE TOURNAMENT DISTRICT 2 LET'S GET COOKING ONE PAN MEALS - D1	13	14 12pm - D3 Warrior Wednesday GYM CLOSED FROM 1:30-3:30PM	10am D1 - Elder Fitness 12pm - D3 Strength Training 5:30pm - D3 Spin Class LET'S GET COOKING ONE PAN MEALS - D7	10am D5 Elder Chair Yoga 12pm - D3 HIIT Class	17
18	WC CLOSED FOR PRESIDENT'S DAY	20	21	12pm - D3 Strength Training 5:30pm - D3 Spin Class LET'S GET COOKING ONE PAN MEALS - D7	10am D5 Elder Chair Yoga 12pm - D3 HIIT Class	24
25	10am D3 Elder Fitness 12pm - D3 TRX Fusion 1PM D5 Elder Chair Yoga LET'S GET COOKING ONE PAN MEALS - D1	27	28	12pm - D3 Strength Training 5:30pm - D3 Spin Class HEALTHY HEART - D3	10am D5 Elder Chair Yoga 12pm - D3 HIIT Class	17

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