



**TRIBAL RECREATION & WELLNESS
PRESENTS**

STRENGTH TRAINING

DISTRICT 3 SERVICE CENTER AT 12PM

FEBRUARY CLASS SCHEDULE:

FEB. 1, 2024

FEB. 8, 2024

FEB. 15, 2024

FEB. 22, 2024

FEB. 29, 2024

**BRING YOUR OWN WATER!
CLASSES VARY FROM STYLE CIRCUIT
STYLE TRAINING, STEP AEROBICS, TABATA,
TRX, ROPES AND MORE!**

FOR MORE INFORMATION CALL (520) 562-2026