

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**

## **FEBRUARY SCHEDULE:**

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

**FEB. 6, 2024**

**FEB. 20, 2024**

**Must be 14yrs and up.  
BRING YOUR OWN WATER!  
FOR MORE INFORMATION CALL (520) 562-2026.**

