

GILA RIVER INDIAN COMMUNITY TRIBAL RECREATION & WELLNESS

MARCH 2024



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: <i>Green Whistle Program</i> March 6th - TRW <i>MYWCL SEMINARS</i> March 6th - D3 March 20th - D3 March 27th - D3 <i>MCT Half Marathon & Footraces</i> March 9th - Sacaton Fairgrounds	<i>MCT Men's Basketball Tournament</i> March 15-17th - Sacaton Boys & Girls Club <i>MCT Women's Basketball Tournament</i> March 15-16th - D5 <i>Paw Patrol Camp</i> March 19th - D3 HDST	<i>Supermarket Tour</i> March 26th - Bashes Riggs & Alma School - 6pm March 28th - Bashes Riggs & Alma School - 6pm <i>Soccer League Begins</i> March 30th - Sacaton Fairgrounds	12pm - D3 Warrior Wednesday GREEN WHISTLE PROGRAM NYWLC: SEMINAR 12pm - D3 Warrior Wednesday NYWLC: FOOD DEMO 12pm - D3 Warrior Wednesday NYWLC: FINALE	10am D1 - Elder Fitness 12pm - D3 Strength Training 5:30pm - D3 Butts-N-Gutz 10am D1 - Elder Fitness 12pm - D3 Strength Training 5:30pm - D3 Butts-N-Gutz 10am D1 - Elder Fitness 12pm - D3 Strength Training 5:30pm - D3 Butts-N-Gutz 12pm - D3 Strength Training 5:30pm - D3 Butts-N-Gutz SUPERMARKET TOUR	10am D5 Elder Chair Yoga 12pm - D3 HIIT Class 10am D5 Elder Chair Yoga 12pm - D3 HIIT Class MCT MEN'S BB TOURNAMENT MCT WOMEN'S BB TOURNAMENT 10am D5 Elder Chair Yoga 12pm - D3 HIIT Class 10am D5 Elder Chair Yoga 12pm - D3 HIIT Class SOCCER LEAGUE BEGINS!	2 9 16 23 30
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SCHEDULE IS SUBJECT TO CHANGE AS DEEMED NECESSARY BY TRIBAL RECREATION & WELLNESS