



**TRIBAL RECREATION & WELLNESS
PRESENTS**

STRENGTH TRAINING

DISTRICT 3 SERVICE CENTER AT 12PM

MARCH CLASS SCHEDULE:

MARCH 7, 2024

MARCH 14, 2024

MARCH 21, 2024

MARCH 28, 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