

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

APRIL 2024



SU	MO	TU	WE	TH	FR	SA	
	1 12pm - D3 Total Body Burn 1PM D5 Elder Chair Yoga D2 Elder Fitness 5:30pm - D3 Hi-Energy Cycle 6pm - D7 Tough HIIT Out	2 6:30am WP - Morning Walks 10am D7 - Zumba Gold 12pm - D3 Strength Bootcamp 5:30pm - D3 Kickboxing D1 Full Body Burn	3 10am D3 Elder Fitness 12pm - D3 HIIT 5:30pm - D2 Zumba 6:00pm - D7 Youth Strength	4 Five Tribes ECVB TOURNAMENT WC CLOSED	5 10am D5 Elder Chair Yoga 12pm - D3 Zumba	6	
7	8 12pm - D3 Total Body Burn 1PM D5 Elder Chair Yoga D2 Elder Fitness 5:30pm - D3 Hi-Energy Cycle 6pm - D7 Tough HIIT Out	9 6:30am WP - Morning Walks 10am D7 - Zumba Gold 12pm - D3 Strength Bootcamp 5:30pm - D3 Kickboxing D1 Full Body Burn	10 10am D3 Elder Fitness 12pm - D3 HIIT 5:30pm - D2 Zumba 6:00pm - D7 Youth Strength	11 6:30am WP - Morning Walks 10am - D1 Elder Fitness 12pm - D3 TRX Fusion 5:30pm D3 Total Body Burn D5 Youth Circuit Training	12 10am D5 Elder Chair Yoga 12pm - D3 Friday Shred HEALTH EDU. - B&G CLUB AT 2PM	13	
14	15 12pm - D3 Total Body Burn 1pm D5 Elder Chair Yoga D2 Elder Fitness 5:30pm - D3 Hi-Energy Cycle 6pm - D7 Tough HIIT Out	16 6:30am WP - Morning Walks 10am D7 - Zumba Gold 12pm - D3 Strength Bootcamp 5:30pm - D3 Kickboxing D1 Full Body Burn FOOD DEMO - D7 AT 6PM	17 10am D3 Elder Fitness 12pm - D3 HIIT 5:30pm - D2 Zumba 6:00pm - D7 Youth Strength	18 6:30am WP - Morning Walks 10am - D1 Elder Fitness 12pm - D3 TRX Fusion 5:30pm D3 Total Body Burn D5 Youth Circuit Training	19 10am D5 Elder Chair Yoga 12pm - D3 Friday Shred MEN'S 35 & OLDER BASKETBALL TOURNAMENT DISTRICT 4 GYMNASIUM	20	
21	22 12pm - D3 Total Body Burn 1pm D5 Elder Chair Yoga D2 Elder Fitness 5:30pm - D3 Hi-Energy Cycle 6pm - D7 Tough HIIT Out	23 6:30am WP - Morning Walks 10am D7 - Zumba Gold 12pm - D3 Strength Bootcamp 5:30pm - D3 Kickboxing D1 Full Body Burn MERMAID & UNICORN CAMP D3 HDST AT 5:45PM	24 10am D3 Elder Fitness 12pm - D3 HIIT 5:30pm - D2 Zumba 6:00pm - D7 Youth Strength	25 6:30am WP - Morning Walks 10am - D1 Elder Fitness 12pm - D3 TRX Fusion BREAD DAY! 5:30pm D3 Total Body Burn D5 Youth Circuit Training	26 10am D5 Elder Chair Yoga 12pm - D3 Friday Shred SAC CITY JAM GIRLS HS/D3 & BOYS HS/D5	27	
28	29 12pm - D3 Total Body Burn 1PM D5 Elder Chair Yoga D2 Elder Fitness 5:30pm - D3 Hi-Energy Cycle 6pm - D7 Tough HIIT Out	30 6:30am WP - Morning Walks 10am - D7 - Zumba Gold 12pm - D3 Strength Bootcamp 5:30pm - D3 Kickboxing D1 Full Body Burn	SPECIAL ACTIVITIES: Health Education April 12th - Boys & Girls Club Food Demo April 16th - D7 Men's 35 & Older Basketball Tournament April 19th-20th - D4			Sac City Jam: Boys & Girls High School Basketball Tournament April 25th-27th Boys Tournament - D5 Girls Tournament - D3	

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