

JULY 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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GILA RIVER TRIBAL RECREATION & WELLNESS - ALL ACTIVITIES

Location: 315 W. Casa Blanca Rd., Sacaton, AZ, 85147
 Gym Hours: Monday - Thursday 6am - 7pm
 Friday 6am - 5pm

1 10:30am - Elder Water Aerobics at D3 1pm - Elder Chair Yoga at D5 Senior Power Hour at D2 12pm - TRX Fusion at D3 5:30pm - Tough HIIT Out at D7 6pm - Zumba at D4	2 6:30am - GRIC Cadet Training 9AM - 11:30AM TRW CLOSED FOR STAFF MTG 12pm - Strength Bootcamp at D3 5:30pm - Kickboxing at D3	3 6:30am - GRIC Cadet Training 12pm - HIIT & SIP at D3 1pm - Zumba Gold at D7 5:30pm - Youth Strength at D7 Family Fitness at D2	4 CLOSED FOR 4TH OF JULY	5 10am - Elder Chair Yoga at D5 12pm - Friday Shred at D3	6
7 10:30am - Elder Water Aerobics at D3 1pm - Elder Chair Yoga at D5 Senior Power Hour at D2 12pm - TRX Fusion at D3 6pm - Zumba at D4	8 6:00am - GRIC Run Club 6:30am - GRIC Cadet Training 9AM - 11:30AM TRW CLOSED FOR STAFF MTG 12pm - Strength Bootcamp at D3 5:30pm - Kickboxing at D3 6pm - Thrill of the Grill at FG	9 6:30am - GRIC Cadet Training 12pm - HIIT & SIP at D3 1pm - Zumba Gold at D7 5:30pm - Family Fitness at D2	10 6:00am - GRIC Run Club 6:30am - GRIC Cadet Training 9am - Elder Water Aerobics at D4 12pm - Total Body Burn at D3 5:30pm - POWER HIIT at D3	11 6:00am - GRIC Run Club 6:30am - GRIC Cadet Training 9am - Elder Water Aerobics at D4 12pm - Friday Shred at D3	12 10am - Elder Chair Yoga at D5 12pm - Friday Shred at D3
13 Youth 5-10 Basketball League - D3	14 10:30am - Elder Water Aerobics at D3 12pm - TRX Fusion at D3 1pm - Elder Chair Yoga at D5 Senior Power Hour at D2 6pm - Zumba at D4	15 6:30am - GRIC Cadet Training 9AM - 11:30AM TRW CLOSED FOR STAFF MTG 12pm - Strength Bootcamp at D3 5:30pm - Kickboxing at D3 6pm - Thrill of the Grill at FG	16 6:30am - GRIC Cadet Training 9AM - 11:30AM TRW CLOSED FOR STAFF MTG 12pm - Strength Bootcamp at D3 5:30pm - Kickboxing at D3 6pm - Thrill of the Grill at FG	17 6:30am - GRIC Cadet Training 1pm - Zumba Gold at D7 12pm - HIIT & SIP at D3 5:30pm - Family Fitness at D2	18 6:00am - GRIC Run Club 6:30am - GRIC Cadet Training 9am - Elder Water Aerobics at D4 12pm - Total Body Burn at D3 5:30pm - POWER HIIT at D3
19 Youth 5-10 Basketball League - D3	20 Youth 5-10 Basketball League - D3	21 10:30am - Elder Water Aerobics at D3 12pm - TRX Fusion at D3 1pm - Elder Chair Yoga at D5 Senior Power Hour at D2 6pm - Zumba at D4	22 6:30am - GRIC Cadet Training 9AM - 11:30AM TRW CLOSED FOR STAFF MTG 10am - Zumba Gold at D7 12pm - Strength Bootcamp at D3 5:30pm - Kickboxing at D3 Fuit Body Burn at D1 6pm - Thrill of the Grill at FG	23 6:00am - GRIC Run Club 6:30am - GRIC Cadet Training 9am - Elder Chair Yoga at D5 Senior Power Hour at D2 6pm - Zumba at D4	24 AKIMEL O'ODHAM PEE POSH INVITATIONAL VOLLEYBALL TOURNAMENT TRW GYM & OFFICES CLOSED
25 AKIMEL O'ODHAM PEE POSH INVITATIONAL VOLLEYBALL TOURNAMENT TRW GYM & OFFICES CLOSED	26 AKIMEL O'ODHAM PEE POSH INVITATIONAL VOLLEYBALL TOURNAMENT TRW GYM & OFFICES CLOSED	27	28 10:30am - Elder Water Aerobics at D3 12pm - TRX Fusion at D3 1pm - Elder Chair Yoga at D5 Senior Power Hour at D2 5:30pm - Tough HIIT Out at D7 6pm - Zumba at D4	29 6:00am - GRIC Run Club 9AM - 11:30AM TRW CLOSED FOR STAFF MTG 10am - Zumba Gold at D7 12pm - Strength Bootcamp at D3 5:30pm - Kickboxing at D3 6pm - Thrill of the Grill at FG	30 6:00am - GRIC Run Club 9AM - 11:30AM TRW CLOSED FOR STAFF MTG 10am - Zumba Gold at D7 12pm - Strength Bootcamp at D3 5:30pm - Kickboxing at D3 6pm - Thrill of the Grill at FG
31 12pm - HIIT & SIP at D3 1pm - Zumba Gold at D7 5:30pm - Family Fitness at D2 Youth Strength at D7	31 12pm - HIIT & SIP at D3 1pm - Zumba Gold at D7 5:30pm - Family Fitness at D2 Youth Strength at D7	31 12pm - HIIT & SIP at D3 1pm - Zumba Gold at D7 5:30pm - Family Fitness at D2 Youth Strength at D7	31 12pm - HIIT & SIP at D3 1pm - Zumba Gold at D7 5:30pm - Family Fitness at D2 Youth Strength at D7	31 12pm - HIIT & SIP at D3 1pm - Zumba Gold at D7 5:30pm - Family Fitness at D2 Youth Strength at D7	31 12pm - HIIT & SIP at D3 1pm - Zumba Gold at D7 5:30pm - Family Fitness at D2 Youth Strength at D7

SPECIAL ACTIVITIES:

Youth 5-10 Basketball League:
 July 9, 2024
 July 13, 2024
 July 20, 2024

Akimel O'odham Pee Posh Invitational Elder Chair Volleyball Tournament:
 July 23, 2024
 July 30, 2024

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