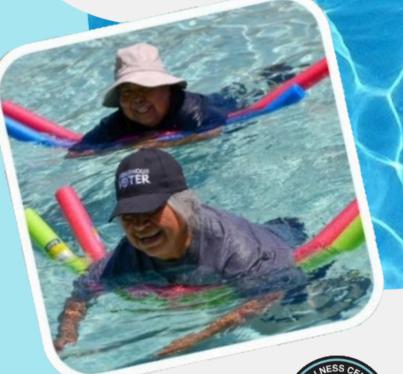
Elder's Water Aerobics

District 3 Multi-Purpose Building's Pool

With Gila River Tribal Recreation & Wellness

Mondays
July
1, 8, 15, 22 & 29
Starts at
10:30 AM



Tribal Wellness Center 520-562-2026

45-Minute Session

Low Impact

Shallow Water

Noodle Workout

Fitness Instructor:

Rachel Seepie

Bring your bottle water, towel, hat, water shoes, and smiles!