

# 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**



**45-Minute Session**

**Low Impact**

**Shallow Water**

**Noodle Workout**

**Fitness Instructor:**

**Rachel Seepie**



Tribal Wellness Center  
520-562-2026



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