



August 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>GILA RIVER TRIBAL RECREATION & WELLNESS - ALL ACTIVITIES</p> <p>Location: 315 W. Casa Blanca Rd., Sacaton, AZ, 85147</p> <p>Gym Hours: Monday - Thursday 6am - 7pm Friday 6am - 5pm</p>						
<p>SPECIAL ACTIVITIES:</p> <p>Youth 5-10 Basketball League: August 3, 2024 August 10, 2024 August 17, 2024 August 24, 2024</p> <p>Health & Nutrition B&G Club Komtake Branch: August 19, 2024</p> <p>Trail of Doom: Day of the Deadlift Training Series: August 9, 2024 August 16, 2024 August 23, 2024 August 30, 2024</p>						
<p>4</p> <p>12pm - TRX Fusion at D3</p> <p>1pm - Elder Chair Yoga at D5 1pm - Senior Power Hour at D2</p>	<p>5</p> <p>12pm - TRX Fusion at D3</p> <p>1pm - Elder Chair Yoga at D5 1pm - Senior Power Hour at D2</p>	<p>6</p> <p>9:00AM - 12:00PM TRW CLOSED FOR STAFF MTG</p> <p>12pm - Circuit Training at D3 5:30pm - Kickboxing at D3</p>	<p>7</p> <p>CLOSED ALL DAY FOR TRW STAFF TRAINING</p>	<p>8</p> <p>12pm - Total Body Burn at D3 5:30pm - POWER HIIT at D3</p>	<p>9</p> <p>10am - Elder Chair Yoga at D5 12pm - Friday Shred at D3 Trail of Doom: Day of the Deadlift Training Series</p>	<p>10</p> <p>Youth 5-10 Basketball League</p>
<p>11</p> <p>12pm - TRX Fusion at D3</p> <p>1pm - Elder Chair Yoga at D5 1pm - Senior Power Hour at D2</p>	<p>12</p> <p>12pm - TRX Fusion at D3</p> <p>1pm - Elder Chair Yoga at D5 1pm - Senior Power Hour at D2</p>	<p>13</p> <p>12pm - Circuit Training at D3 5:30pm - Kickboxing at D3</p>	<p>14</p> <p>10am - Elder Fitness at D7 12pm - HIIT Class at D3</p>	<p>15</p> <p>12pm - Total Body Burn at D3 5:30pm - POWER HIIT at D3</p>	<p>16</p> <p>10am - Elder Chair Yoga at D5 12pm - Friday Shred at D3 Trail of Doom: Day of the Deadlift Training Series</p>	<p>17</p> <p>Youth 5-10 Basketball League</p>
<p>18</p> <p>12pm - TRX Fusion at D3</p> <p>1pm - Elder Chair Yoga at D5 1pm - Senior Power Hour at D2</p>	<p>19</p> <p>12pm - TRX Fusion at D3</p> <p>1pm - Elder Chair Yoga at D5 1pm - Senior Power Hour at D2</p>	<p>20</p> <p>12pm - Circuit Training at D3 5:30pm - Kickboxing at D3</p>	<p>21</p> <p>10am - Elder Fitness at D7 12pm - HIIT Class at D3</p>	<p>22</p> <p>12pm - Total Body Burn at D3 5:30pm - POWER HIIT at D3</p>	<p>23</p> <p>10am - Elder Chair Yoga at D5 12pm - Friday Shred at D3 Trail of Doom: Day of the Deadlift Training Series</p>	<p>24</p> <p>Youth 11-17 Basketball League</p>
<p>25</p> <p>12pm - TRX Fusion at D3</p> <p>1pm - Elder Chair Yoga at D5 1pm - Senior Power Hour at D2</p>	<p>26</p> <p>12pm - TRX Fusion at D3</p> <p>1pm - Elder Chair Yoga at D5 1pm - Senior Power Hour at D2</p>	<p>27</p> <p>12pm - Circuit Training at D3 5:30pm - Kickboxing at D3</p>	<p>28</p> <p>10am - Elder Fitness at D7 12pm - HIIT Class at D3</p>	<p>29</p> <p>12pm - Total Body Burn at D3 5:30pm - POWER HIIT at D3</p>	<p>30</p> <p>10am - Elder Chair Yoga at D5 12pm - Friday Shred at D3 Trail of Doom: Day of the Deadlift Training Series</p>	<p>31</p> <p>Youth 11-17 Basketball League</p>



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