




MARCH 2025

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

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 - 7pm
 Friday 6am - 5pm

2	3	4	5	6	7	8
	1:00pm - Elder Chair Yoga at D5	12:00pm - Open BB Gym w/Fitness Team at D3	12:00pm - HIIT w/Rheanna at D3 -Noon Run at Fairgrounds	12:00pm - Strength Training at D3	10:00am - Elder Chair Yoga at D5 12:00pm - Tabata at D3	
9	10	11	12	13	14	15
	12:00pm - Total Body Strength at D3 1:00pm - Elder Chair Yoga at D5	12:00pm - Open BB Gym w/Fitness Team at D3 5:30pm - Power HIIT at D3	12:00pm - HIIT w/Rheanna at D3 -Noon Run at Fairgrounds	8:00am - MMA at D5 12:00pm - Strength Training at D3 4:00pm - MMA for Youth at D5 5:30pm - Family Fit Series at D5	10:00am - Elder Chair Yoga at D5 12:00pm - Tabata at D3 4:00pm - MMA for Youth at D5	
16	17	18	19	20	21	22
	12:00pm - Total Body Strength at D3 1:00pm - Elder Chair Yoga at D5 	12:00pm - Open BB Gym w/Fitness Team at D3 5:30pm - Power HIIT at D3	12:00pm - HIIT w/Rheanna at D3 -Noon Run at Fairgrounds 1:00pm - Health Education for Youth at D4	8:00am - MMA at D5 12:00pm - Strength Training at D3 4:00pm - MMA for Youth at D5 5:30pm - Family Fit Series at D5	10:00am - Elder Chair Yoga at D5 12:00pm - Tabata at D3 4:00pm - MMA for Youth at D5	
23	24	25	26	27	28	29
	10:00am - Elder Tai Chi at D4 12:00pm - Total Body Strength at D3 1:00pm - Elder Chair Yoga at D5	10:00am - Elder Strength at D4 5:45pm - Cooking Demo for Toddler/Parent at D7	12:00pm - Noon Run at Fairgrounds 5:45pm - Cooking Demo for Toddler/Parent at D1	8:00am - MMA at D5 4:00pm - MMA for Youth at D5	10:00am - Elder Chair Yoga at D5 12:00pm - Tabata at D3	
30	31	SPECIAL ACTIVITIES: Cooking Demo Classes: March 19, 2025 at D4 March 25, 2025 at D7 March 26, 2025 at D1 Family Fit Series: March 13, 2025 at D5 March 20, 2025 at D5				



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