

# GRIC FIT NEWSLETTER

## #04 ISSUE

### REHEANNA'S LUNCH TIME WORKOUT

Fitness Instructor Reheanna shares her lunch time workout routine! **PG. 6**

### IMPORTANCE OF HYDRATION

Read on the importance of hydration. **PG. 5**



### TRW FITNESS CLASSES

**ARE BACK!** We are back!

After 3 years of virtual workout sessions, TRW is bringing back their lunch workout classes and various classes...

page 4.

### TRW BASKETBALL CLINIC FOR THE YOUTH

Tribal Recreation & Wellness hosts youth basketball clinic for ages 5-6yrs and 7-9yrs old youth... page 2.



## HOURS OF OPERATION

### Monday - Thursday

6:00am to 7:00pm

### Fridays

6:00am to 5:00pm

Limited space! LIMITED TO 20 PARTICIPANTS AT ANY GIVEN TIME | 16 years and older only

**MASKS MUST BE WORN AT ALL TIMES**

**SOCIAL DISTANCING IS REQUIRED**

Each client must complete a brief health questionnaire upon entering the building.

**NO APPOINTMENTS WILL BE NECESSARY**

# TRW BASKETBALL CLINIC



Gila River Indian Community Employees & GRIC Entities (First Group) who participated in the TRX workout challenge.

On Saturday, July 23, 2022, Gila River Tribal Recreation & Wellness hosted their very first summer basketball clinic for youth ages 5-6 and 7-9 year olds at the new District 3 Gymnasium. The basketball clinic was open to all federally recognized youth and due to Covid-19 Safety restrictions, was limited to 20 participants per age group. The youth had the opportunity to work with Coach Maurice Brown and Ryan Brown of Brown Performance Strength and Conditioning. The children began with warm up exercises before starting the drills. Drills consisted of dribbling, handling of the ball, and movement.

The children also gained experience in following directions and working as a team. The clinic was an opportunity to show the youth the fundamentals of basketball and to be encouraged to try something new. "That's our job as parents, teachers, and coaches to continue to have them keep motivated and learn more when they are encouraged," said Huey Duane Guy TRW Recreation Coordinator. TRW plans to host future clinics for more age groups with the continued partnership between TRW and BPSC.

## CONTACT INFORMATION:

### 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



## TRW BASKETBALL CLINIC HIGHLIGHTS





# FITNESS CLASS IS NOW IN SESSION!

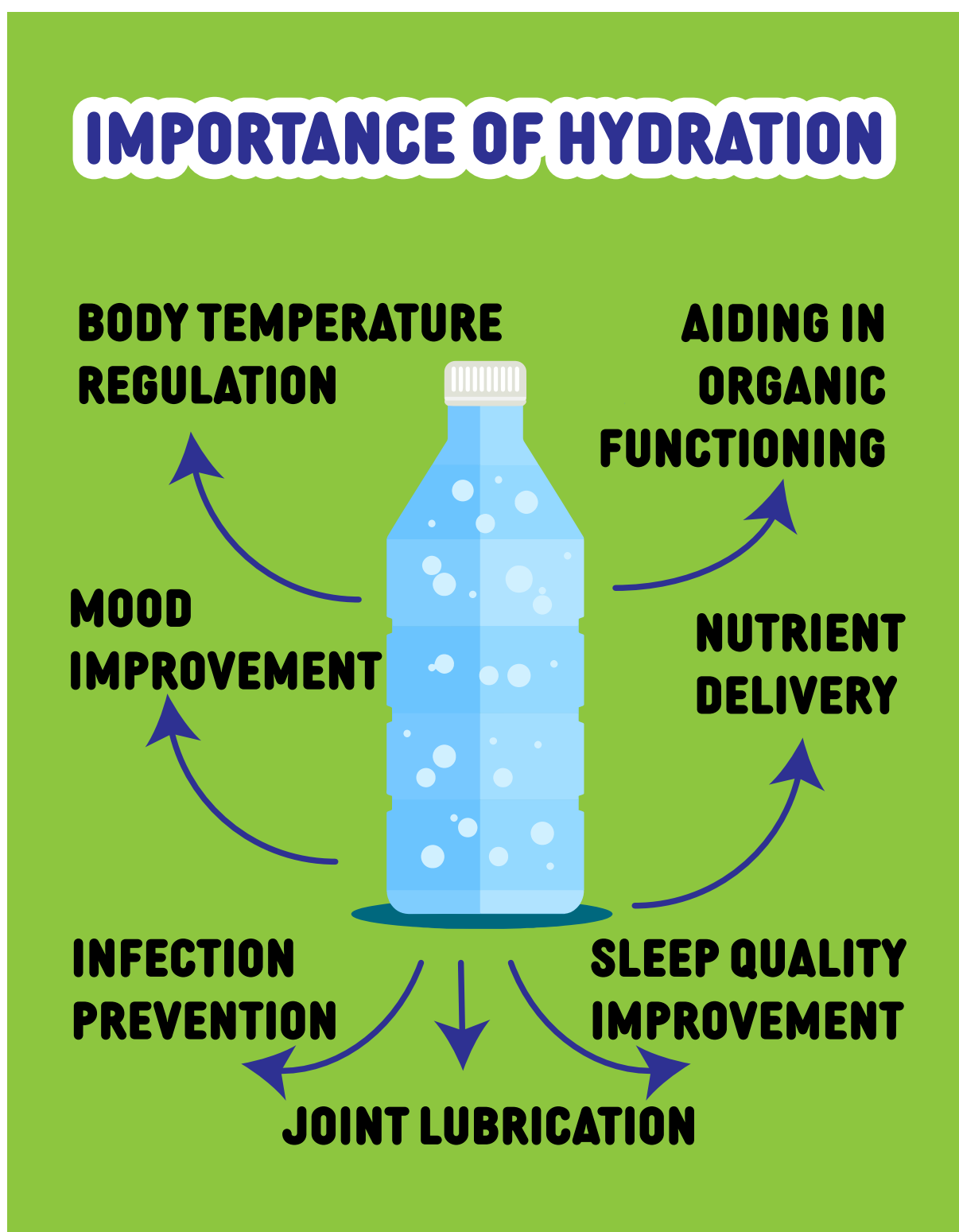


Class is now in session! After 3 years of virtual workout classes, TRW fitness instructors are holding in-person workout classes for the community. In-person classes started in July and located in various district service centers within the community. Classes take place in the morning, noon, and evenings. TRW classes vary from Yoga, Circuit Training, Elder Fitness, and Employee Refreshers, which is a new virtual class starting in the month of August. Feel free to visit our webpage on [mygilariver.com](http://mygilariver.com) to view our monthly calendar.



# IMPORTANCE OF HYDRATION

- Experts recommend daily: Women drink at least 11 cups of water, and men drink at least 16 cups of water.
- By consuming the minimum amount of water, you are helping your body function better and improving your overall health.
- You lose water through your breath, sweat, urine, and tears.



# RHEANNA'S LUNCH TIME WORKOUT

*Rheanna's Lunch Time workout targets your lower body and abs! Give it a try!!*

## LOWER BODY:

- ☐ JUMP SQUATS
- ☐ DB REVERSE LUNGE
- ☐ WALL HOLDS
- ☐ ELEVATED GOBLET SQUATS
- ☐ SINGLE LEG RDL
- ☐ STEP UPS
- ☐ CALF RAISES

## ABS:

- ☐ PLANKS
- ☐ 6 INCH HOLDS
- ☐ FLUTTER KICKS



## 2 ROUNDS:

**30 SECONDS FOR EACH EXERCISE.**

**30 SECONDS REST**

**1 MINUTE AND 30 SECONDS REST IN BETWEEN EACH ROUND.**



### TRIBAL RECREATION & WELLNESS

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Stay up to date on activities & upcoming videos!  
Follow & Subscribe @ gilariverwellness



**NUTRITION**



**FITNESS**



**SPORTS**



# SAVE THE DATE



## DAY OF THE **DEADLIFT**

**OCT. 14, 2022 | 6PM**  
**SACATON FAIRGROUNDS**

Day of the Deadlift is a community based event designed NOT to compete against others, but to set the stage for lifters to hit their maxes with the support of other lifters.

All activities are TENTATIVE and are subject to change as deemed necessary. COVID-19 Safety Measures will be enforced for each activity. Details will be released as event date approaches.

For more information call (520) 562-2026 or email [wellness.center@gric.nsn.us](mailto:wellness.center@gric.nsn.us)

TRIBAL RECREATION &amp; WELLNESS

# ROAD TO TRAIL OF DOOM!

## SAVE THE DATES

**30  
SEPT****CO-ED GLOW IN THE DARK VOLLEYBALL**  
Location: TBD | 6:00pm**01  
OCT****CO-ED GLOW IN THE DARK VOLLEYBALL**  
Location: TBD | 6:00pm**03  
OCT****ZOMBIE ZUMBA**  
Location: TBD | 6:00pm**14  
OCT****DAY OF THE DEADLIFT**  
Location: Sacaton Fairgrounds | 6:00pm**18  
OCT****ELDER CHAIR VOLLEYBALL TOURNAMENT**  
Location: TBD | 8:00am**21  
OCT****5K RUN/WALK**  
Location: Sacaton Fairgrounds | 6:00pm**25  
OCT****MADHOUSE WORKOUT (AFTERNOON SESSION)**  
Location: TBD | 12:00pm**25  
OCT****MADHOUSE WORKOUT (EVENING SESSION)**  
Location: TBD | 5:30pm**26  
OCT****TRAIL OF DOOM FAMILY NIGHT**  
Location: Sacaton Fairgrounds | 6:00pm

All activities are **TENTATIVE** and are subject to change as deemed necessary.  
**COVID-19 Safety Measures** will be enforced for each activity.  
Individual event details will be announced as dates approach.

Event format may change (in-person, virtual, drive-thru) depending on the most up to date Executive Order.





## TRIBAL RECREATION &amp; WELLNESS



SPIRITUAL | PHYSICAL | MENTAL

**STARTING: August 16, 2022****Tuesdays & Thursdays  
9:00am - 11:00am****Wednesdays  
6:30pm - 8:30pm**

- AUG 16** District 1 SVC  
LIMITED TO 35 PARTICIPANTS  
(9:00AM TO 11:00AM)
- AUG 17** District 2 SVC (Evening Session)  
LIMITED TO 15 PARTICIPANTS  
(6:30PM TO 8:30PM)
- AUG 18** District 2 SVC  
LIMITED TO 15 PARTICIPANTS  
(9:00AM TO 11:00AM)
- AUG 23** District 3 SVC  
LIMITED TO 35 PARTICIPANTS  
(9:00AM TO 11:00AM)
- AUG 24** District 3 SVC (Evening Session)  
LIMITED TO 35 PARTICIPANTS  
(6:30PM TO 8:30PM)
- AUG 25** District 4 SVC  
LIMITED TO 35 PARTICIPANTS  
(9:00AM TO 11:00AM)

- AUG 30** District 5 SVC  
LIMITED TO 35 PARTICIPANTS  
(9:00AM TO 11:00AM)
- AUG 31** District 7 SVC (Evening Session)  
LIMITED TO 35 PARTICIPANTS  
(6:30pm TO 8:30PM)
- SEPT 01** District 6 SVC  
LIMITED TO 15 PARTICIPANTS  
(9:00AM TO 11:00AM)
- SEPT 06** District 7 SVC  
LIMITED TO 35 PARTICIPANTS  
(9:00AM TO 11:00AM)

**FIRST COME, FIRST SERVED BASIS  
PRE-REGISTRATION IS NOT REQUIRED**

- Open to elders of any federally recognized tribe.
- Masks are required.

**Must participate in order to receive incentives.****Due to Service Centers COVID19 safety guidelines participation limits may change.****For more information contact Tiffany Boni at (520) 610 - 4953.**

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Each client must complete  
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upon entering the building.

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BE NECESSARY**

## LOCATION

**315 W. CASA BLANCA RD.  
SACATON, AZ. 85147**



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