

GILA RIVER TRIBAL RECREATION & WELLNESS

TABATA CLASS



ENJOY A HIGH INTENSITY
QUICK WORKOUT!

EXERCISES WILL VARY
FROM BODYWEIGHT,
BANDS, DUMBBELLS, ETC.



MASKS ARE REQUIRED
BRING YOUR OWN WATER
FIRST COME, FIRST SERVE
OPEN TO AGES 14+YRS OR OLDER



EVERY WEDNESDAYS AT
5:30PM
DISTRICT 5 GYMNASIUM



FOR MORE INFORMATION CALL (520) 562-2026