



GILA RIVER INDIAN COMMUNITY TRIBAL RECREATION & WELLNESS



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 TO 7PM
 FRIDAYS 6AM TO 5PM
 APPOINTMENTS NOT NECESSARY
 **FACE MASKS ARE REQUIRED & MUST BE WORN AT ALL TIMES*

SEPTEMBER 2022

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SPECIAL ACTIVITIES: Sept. 3rd: Apple Challenge Ends Sept. 10th: 13-17yr old Basketball Clinic - D7 Gym Sept. 12th - 30th: Step Into StepTember Sept. 30th - Oct. 01st: Road to Trail of Doom Stop #1 Glow In The Dark Volleyball <div style="display: flex; justify-content: space-around; margin-top: 10px;"> <div style="text-align: center;">■ Elder Class</div> <div style="text-align: center;">■ Lunch Class</div> <div style="text-align: center;">■ Adult Class</div> </div>			01 9am D6 ELDER FEST 12pm D3 Lunch Class 5:30pm D2 Step Class	02 9am D3 Elder Education 12pm D3 Lunch Class 1pm D5 Elder Chair Yoga 6pm D3 Deadlift Seminar
05 LABOR DAY CLOSED	06 9am D7 ELDER FEST 12pm D3 Lunch Class 5:30pm Circuit Training	07 10am D3 Elder Mobility D7 Elder Fitness 11:30am and 12:15pm D3 Lunch Pedal to the Medal 3pm Employee Wellness Webex Refresher 5:30pm Tabatta Class	08 12pm D3 Lunch Class 5:00pm Jio's Deadlift Party	09 9am D3 Elder Education 12pm D3 Lunch Class 1pm D5 Elder Chair Yoga 6pm WC:Strength Series DL Pt. 2
12 10am D5 Elder Chair Yoga 1pm D2 ECVB Practice 3pm Employee Wellness Webex Refresher 5:30pm D5 Step Class 6pm D7 Beginner Dance for Kids	13 NO LUNCH CLASSES 09/12 - 09/16	14 10am D3 Elder Mobility D7 Elder Fitness 11:30am and 12:15am D3 Lunch Pedal to the Medal 3pm Employee Wellness Webex Refresher 5:30pm D5 Tabatta Class	15 6pm WC:Strength Series DL Pt. 2	16 NATIVE AMERICAN DAY CLOSED
19 10am D5 Elder Chair Yoga 11:30am D3 Lunch BB League 1pm D2 ECVB Practice 3pm Employee Wellness Webex Refresher 5:30pm D5 Step Class 6pm D7 Beginner Dance for Kids	20 12pm D3 Lunch Class 5:30pm D3 Circuit Training	21 10am D3 Elder Mobility D7 Elder Fitness 11:30am and 12:15am D3 Lunch Pedal to the Medal D3 Lunch BB League 3pm Employee Wellness Webex Refresher 5:30pm D5 Tabatta Class	22 NO CLASSES IN PREPARATION FOR MUD DASH 5:30pm Sac. Fairgrounds MUD DASH	23 9am D3 Elder Education 12pm D3 Lunch Class 1pm D5 Elder Chair Yoga 6pm WC:Strength Series DL Pt. 2
26 10am D5 Elder Chair Yoga 11:30am D3 Lunch BB League 1pm D2 ECVB Practice 3pm Employee Wellness Webex Refresher 5:30pm D5 Step Class 6pm D7 Beginner Dance for Kids	27 12pm D3 Lunch Class 5:30pm D3 Circuit Training	28 10am D3 Elder Mobility D7 Elder Fitness 11:30am and 12:15am D3 Lunch Pedal to the Medal D3 Lunch BB Co-Ed 3pm Employee Wellness Webex Refresher 5:30pm D5 Tabatta Class	29 12pm D3 Lunch Class 5:30pm D2 Step Class D3 Circuit Training	30 9am D3 Elder Education 12pm D3 Lunch Class 1pm D5 Elder Chair Yoga 6pm WC:Strength Series DL Pt. 2 6pm: D5 Glow In the Dark Volleyball