



# 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\*

## NOVEMBER 2022

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div style="display: flex; flex-direction: column; align-items: center;"> <div style="display: flex; align-items: center; margin-bottom: 5px;"> <div style="width: 15px; height: 15px; background-color: #4CAF50; margin-right: 5px;"></div> <span>Elder Class</span> </div> <div style="display: flex; align-items: center; margin-bottom: 5px;"> <div style="width: 15px; height: 15px; background-color: #F44336; margin-right: 5px;"></div> <span>Lunch Class</span> </div> <div style="display: flex; align-items: center;"> <div style="width: 15px; height: 15px; background-color: #2196F3; margin-right: 5px;"></div> <span>Adult Class</span> </div> </div>	<b>01</b>	<b>02</b>	<b>03</b>	<b>04</b>
	10am D3 Elder Mobility D7 Elder Fitness  12pm D3 Lunch Class  5:30pm D3 HIIT Class	12pm D3 Lunch Class  5:30pm D5 Step Class	10am D4 Elder Fitness  12pm D3 Lunch Class  5:30pm D3 Tabatta Class	10am D5 Elder Chair Yoga  12pm D3 Lunch Class
<b>07</b>	<b>08</b>	<b>09</b>	<b>10</b>	<b>11</b>
12pm D3 Lunch Class  1pm D5 Elder Chair Yoga  5:30pm D5 Step Class	10am D7 Elder Fitness  12pm D3 Lunch Class  5:30pm D3 HIIT Class	12pm D3 Lunch Class  5:30pm D5 Step Class	GYM CLOSED FROM 8AM-11:30AM  12pm D3 Lunch Class  5pm D4 Elder Dance Class 5:30pm D3 Tabatta Class 6pm D2 Dance Class	<b>VETERANS DAY            GYM/OFFICES            CLOSED</b>
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
12pm D3 Lunch Class  1pm D5 Elder Chair Yoga  5:30pm D5 Step Class	10am D3 Elder Mobility D7 Elder Fitness  12pm D3 Lunch Class  5:30pm D3 HIIT Class	<b>GYM/OFFICES CLOSED            FROM            10am-4pm</b>	10am D4 Elder Fitness 12pm D3 Lunch Class  5pm D4 Elder Dance Class 5:30pm D3 Tabatta Class 6pm D2 Dance Class	10am D5 Elder Chair Yoga  12pm D3 Lunch Class  <small>7-9yrs Youth Basketball Tournament:            TBD</small>
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
12pm D3 Lunch Class  1pm D5 Elder Chair Yoga  5:30pm D5 Step Class	10am D7 Elder Fitness  12pm D3 Lunch Class  5:30pm D3 HIIT Class	12pm D3 Lunch Class  GYM HOURS: 6am - 5pm	<b>THANKSGIVING            CLOSED</b>	<b>THANKSGIVING            CLOSED</b>
<b>28</b>	<b>29</b>	<b>30</b>	<b>SPECIAL ACTIVITIES:</b>	
12pm D3 Lunch Class  1pm D5 Elder Chair Yoga  5:30pm D5 Step Class	10am D3 Elder Mobility D7 Elder Fitness  12pm D3 Lunch Class	12pm D3 Lunch Class  5:30pm D5 Step Class  <small>EL TOUR DE GRIC: STOP #1</small>	Nov. 18th-19th: 7-9yrs Youth Basketball Tournament - TBD Nov. 30th: El Tour De GRIC: Stop #1: TBD	