

GILA RIVER TRIBAL RECREATION & WELLNESS

TABATA CLASS



ENJOY A HIGH INTENSITY
QUICK WORKOUT!

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



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



Starting Nov. 3rd
EVERY THURSDAY AT
5:30PM
DISTRICT 3 SERVICE CENTER



FOR MORE INFORMATION CALL (520) 562-2026