



TRIBAL RECREATION & WELLNESS

MARCH SCHEDULE 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
01 ELDER Zoom Fitness Class 8am Full Body Workout 6pm Facebook Fitness Video	02 Morning Grind on Zoom 6am Greatest HIIT's 12pm Facebook Fitness Video	03 ELDER ZOOM Fitness Class 8am Glute Camp Boot Camp on ZOOM 12pm Healthy Choices Trivia 12pm Mobility for Active Lifestyles on ZOOM 6pm	04 Morning Grind on Zoom 6am Bigger Faster Stronger on ZOOM 12pm Sports Crossword Puzzle Challenge 6pm Facebook Fitness Video	05 ELDER Zoom Fitness Class 8am Facebook Nurtition Video Sports Video
08 ELDER Zoom Fitness Class 8am Full Body Workout 6pm Facebook Fitness Video	09 Morning Grind on Zoom 6am Greatest HIIT's 12pm Facebook Fitness Video LIVE MARCH MADNESS Trivia Tourney 6pm	10 ELDER ZOOM Fitness Class 8am Glute Camp Boot Camp on ZOOM 12pm Healthy Choices Trivia 12pm Round Table w/Ryan & Kory Facebook Live 6pm	11 Morning Grind on Zoom 6am Bigger Faster Stronger on ZOOM 12pm LIVE MARCH MADNESS Trivia Tourney 7pm Facebook Fitness Video	12 ELDER Zoom Fitness Class 8am Facebook Nurtition Video Sports Video Fit Kit #6 Battle Ropes Session 1: 6pm
15 ELDER Zoom Fitness Class 8am Full Body Workout 6pm Facebook Fitness Video	16 Morning Grind on Zoom 6am Greatest HIIT's 12pm Facebook Fitness Video LIVE MARCH MADNESS Trivia Tourney 6pm	17 ELDER ZOOM Fitness Class 8am Glute Camp Boot Camp on ZOOM 12pm Healthy Choices Trivia 12pm Mobility for Active Lifestyles on ZOOM 6pm	18 Morning Grind on Zoom 6am Bigger Faster Stronger on ZOOM 12pm LIVE MARCH MADNESS Trivia Tourney 7pm Facebook Fitness Video	19 ELDER Zoom Fitness Class 8am Facebook Nurtition Video Sports Video Fit Kit #6 Battle Ropes Session 2: 6pm
22 ELDER Zoom Fitness Class 8am Full Body Workout 6pm Facebook Fitness Video	23 Morning Grind on Zoom 6am Greatest HIIT's 12pm Facebook Fitness Video	24 ELDER ZOOM Fitness Class 8am Glute Camp Boot Camp on ZOOM 12pm Healthy Choices Trivia 12pm Round Table w/Ryan & Kory Facebook Live 6pm	25 Morning Grind on Zoom 6am Bigger Faster Stronger on ZOOM 12pm Sports Crossword Puzzle Challenge 6pm Facebook Fitness Video	26 ELDER Zoom Fitness Class 8am Facebook Nurtition Video Sports Video
29 ELDER Zoom Fitness Class 8am Full Body Workout 6pm Facebook Fitness Video	30 Morning Grind on Zoom 6am Greatest HIIT's 12pm Facebook Fitness Video	31 ELDER ZOOM Fitness Class 8am Glute Camp Boot Camp on ZOOM 12pm Healthy Choices Trivia 12pm Mobility for Active Lifestyles on ZOOM 6pm	BE GRIC FIT RUN SERIES 10K STARTS: 03/28/21 DEADLINE TO TURN IN RESULTS: 04/03/21	

ELDER ZOOM CLASS

Monday, Wednesday, and Friday @ 8am

To be added to the ZOOM adult and elder workout email list, please email Brandon.Begay@gric.nsn.us

STAY UP TO DATE ON EVENTS!

To be added to our email list for up to date information please email us at:
Wellness.Center@gric.nsn.us

CONTACT INFORMATION:

Fitness Questions? Call (520) 610-4996

Sports Questions? Call (520) 610-5552 or (520) 610-5597

Administrative Questions? Call (520) 610-5595 or (520) 610-4968

Email: Wellness.center@gric.nsn.us



@gilariverwellness