

# Gila River Recreation & Wellness

Re-Opening by appointment basis only

**NO WALK IN'S!**

Wednesday April 28, 2021 - Mon/Fri: 8am - 5pm/until further notice

**Limited Space!**

**16 + years and up ONLY!**

**Masks are REQUIRED at ALL TIMES!**

**LIMITED to 8 clients per 90 Minute Sessions!**

## How to request an appointment:

- Must call in for appointments  
Aleshia White (520) 610-4967 OR Brandon Begay (520) 610-4996
- All clients will be required to complete a new intake assessment prior to first workout

## What to expect at the Wellness Center facilities:

- In accordance with Executive Order No. 10., space will be limited.
- Each client must complete a brief health questionnaire and temperature check upon entering the building.
- Appointments are 90 minutes max.

**\*Group Fitness will resume at a later date.**

For more information please call Angel Orque at (520) 610-4968

