



# April 2018

## Wellness Center Calendar

Monday Lunas	Tuesday Go:k Thash	Wednesday Vaik Thash	Thursday Gi:ik Thash	Friday Shavai
2 Lunch time workout W/ Bee 11:00 am, 11:45am, 12:30pm	3 Lunch time workout W/ Fabby 11:00 am, 11:45am, 12:30pm	4 Lunch time workout W/ Charlie 11:00 am, 11:45am, 12:30pm	5 Lunch time workout W/ Bee 11:00 am, 11:45am, 12:30pm	6 Lunch time workout W/ Sly 11:00 am, 11:45am, 12:30pm
<b>New Years Weight Loss Challenge Weigh in Week</b>				
			*Wellness Center will close at <b>4pm</b> on Thursday the 5 <sup>th</sup> to prepare for the <u>Sac City Jam</u> AND the <u>13-15</u> <u>Basketball League Award Ceremony*</u> <b>Both starting @ 6:30pm</b>	
9 Lunch time workout W/ Bee 11:00 am, 11:45am, 12:30pm <b>Zumba W/Fabby 5:30p – 6:30p</b> <b>Open Gym from 6:30pm - 8pm</b>	10 Lunch time workout W/ Fabby 11:00 am, 11:45am, 12:30pm <b>Be GRIC FIT Tour 5:30pm-8:00pm @ D6 Multi-Purpose Building</b> <b>Co-Ed Volleyball from 6:30pm to 8pm</b>	11 Lunch time workout W/ Charlie 11:00 am, 11:45am, 12:30pm <b>Zumba W/Fabby 5:30p – 6:30p</b> <b>Open Gym from 6:30pm - 8pm</b>	12 Lunch time workout W/ Bee 11:00 am, 11:45am, 12:30pm <b>Co-Ed Volleyball from 6:30pm to 8pm</b>	13 Lunch time workout W/ Sly 11:00 am, 11:45am, 12:30pm
16 Lunch time workout W/ Bee 11:00 am, 11:45am, 12:30pm <b>Zumba W/Fabby 5:30p – 6:30p</b> <b>Open Gym from 6:30pm - 8pm</b>	17 Lunch time workout W/ Fabby 11:00 am, 11:45am, 12:30pm <b>Co-Ed Volleyball from 6:30pm to 8pm</b>	18 Lunch time workout W/ Charlie 11:00 am, 11:45am, 12:30pm <b>Zumba W/Fabby 5:30p – 6:30p</b> <b>Open Gym from 6:30pm - 8pm</b>	19 Lunch time workout W/ Bee 11:00 am, 11:45am, 12:30pm <b>Co-Ed Volleyball from 6:30pm to 8pm</b>	20 <b>A Night of Legends Senior Chair Volleyball Tournament</b> <b>Registration: 8am</b> <b>Starts: 9am</b>  Lunch time workout W/ Sly 11:00 am, 11:45am, 12:30pm <b>Pre-Registration for the Strong man Competition starts today!</b>
23 Lunch time workout W/ Bee 11:00 am, 11:45am, 12:30pm <b>Zumba W/Fabby 5:30p – 6:30p</b> <b>Open Gym from 6:30pm - 8pm</b>	24 Lunch time workout W/ Fabby 11:00 am, 11:45am, 12:30pm <b>Be GRIC FIT Tour 5:30pm-8:00pm @ D7 Multi-Purpose Building</b> <b>Co-Ed Volleyball from 6:30pm to 8pm</b>	25 Lunch time workout W/ Charlie 11:00 am, 11:45am, 12:30pm <b>Zumba W/Fabby 5:30p – 6:30p</b> <b>Open Gym from 6:30pm - 8pm</b>	26 Lunch time workout W/ Bee 11:00 am, 11:45am, 12:30pm <b>Co-Ed Volleyball from 6:30pm to 8pm</b>	27 Lunch time workout W/ Sly 11:00 am, 11:45am, 12:30pm <b>35 &amp; Over Men's Basketball Tournament</b> <b>April 27<sup>th</sup> and 28<sup>th</sup></b> <b>*Day one of the Tournament*</b>
30 Lunch time workout W/ Bee 11:00 am, 11:45am, 12:30pm <b>Zumba W/Fabby 5:30p – 6:30p</b> <b>Open Gym from 6:30pm - 8pm</b>				

**Lunch Time workouts are approx. 30 minutes**

**Wellness Center Hours:**

Monday – Thursday: 6:00 am – 8:00 pm  
Friday: 6:00 am – 5:00 pm

If you have any questions or concerns please call the Wellness Center @ 520-562-2026

\*Class schedules and times are subject to change\*

**WEEKEND WELLNESS**

**District 7**

**Multi-Purpose Building**  
**155<sup>th</sup> Annual 5 Tribes Peace Treaty Run/Walk**  
**Saturday, April 7<sup>th</sup>, 2018**

**Registration: 6:30 a.m.**  
**Starts: 7:00 a.m.**  
**Cut off: 7:15 a.m.**

**Saturday, April 28<sup>th</sup>**

**\*Day two of the 35 & Over Men's Basketball Tournament\***

**WELLNESS IN YOUR DISTRICT**

Starting April 2<sup>nd</sup> through June 29<sup>th</sup>

**District 2**

Every Monday  
**Total Body Workouts 6pm – 7pm**

Every Tuesday & Thursday  
**Circuit Training 6:00-7:00 pm**

**District 5 - Sly**

Every Tuesday & Thursday  
**Circuit Training 5:45pm – 6:45 pm**

**District 6**

Every Monday & Wednesday  
**Warrior Sculpt 11:30 am – 12:30 pm**

**District 7**

Every Monday & Wednesday  
**Warrior Sculpt 5:30 – 6:30 pm**