



May Elders Fitness Community Classes

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

Class dates and times may vary and/or change

Monday Lunas	Tuesday Go:k Thash	Wednesday Vaik Thash	Thursday Gi:ik Thash
<div style="border: 1px dashed black; padding: 10px; text-align: center;"> <h2>NO CLASSES ON FRIDAYS</h2> </div>	1 Matter of Balance 12pm-1pm @ D3 Service Center Chair Zumba 9am-10am @D4 Service Center Water Aerobics 9:30am-10:30am @ D6 Service Center	2 Matter of Balance 9am-10am @ D7 Multi-Purpose Building	3 Chair Zumba 8:45am-9:45am @ D3 Service Center Elder Fitness 10am-11am @ D5 Multi-Purpose Building
	7 Matter of Balance 9am-10am @ D4 Elder Fitness 1pm - 2pm @ D5 Stretch, Flex & Tone 9:30am - 10:30am @ D6 Stretch, Flex & Tone 9am - 10am @D7	8 Matter of Balance 12pm-1pm @ D3 Service Center Chair Zumba 9am-10am @D4 Service Center Water Aerobics 9:30am-10:30am @ D6 Service Center	9 Matter of Balance 9am-10am @ D7 Multi-Purpose Building
14 15 16 17 <h2>No classes this week due to the 2018 Annual Employee Health and Fitness Week</h2> <p>If you have any questions or concerns please call the Tribal Recreation @ 520-562-6087</p>			
21 Matter of Balance 9am-10am @ D4 Elder Fitness 1pm - 2pm @ D5 Stretch, Flex & Tone 9:30am - 10:30am @ D6 Stretch, Flex & Tone 9am - 10am @D7	22 Matter of Balance 12pm-1pm @ D3 Service Center Chair Zumba 9am-10am @D4 Service Center Water Aerobics 9:30am-10:30am @ D6 Service Center	23 Matter of Balance 9am-10am @ D7 Multi-Purpose Building	24 Chair Zumba 8:45am-9:45am @ D3 Service Center Elder Fitness 10am-11am @ D5 Multi-Purpose Building
28 	29 Matter of Balance 12pm-1pm @ D3 Service Center Chair Zumba 9am-10am @D4 Service Center Water Aerobics 9:30am-10:30am @ D6 Service Center	30 Matter of Balance 9am-10am @ D7 Multi-Purpose Building	31 Chair Zumba 8:45am-9:45am @ D3 Service Center Elder Fitness 10am-11am @ D5 Multi-Purpose Building

SPINACH ORANGE GREEN SMOOTHIE RECIPE

INGREDIENTS

- 1 navel orange, peeled
- 1/2 banana, peeled
- 1 cup tightly packed organic spinach
- 1/4 cup coconut water, adjusted as desired
- 1 tablespoon hemp seeds, (optional)
- Ice



DIRECTIONS:

1. Add all ingredients to a blender with a few ice cubes and blend on high to combine.
2. Add more coconut water as desired to reach desired consistency for smoothie.
3. Pour into a glass and enjoy!

Makes one (1) serving