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 Gok Thash	Wednesday Vaik Thash	Thursday Giik Thash
NO CLASSES ON FRIDAYS	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	10 Chair Zumba 8:45am-9:45am @ D3 Service Center Elder Fitness 10am-11am @ D5 Multi-Purpose Building
14	15	16	17
No classes this week due to the 2018 Annual Employee Health and Fitness Week If you have any questions or concerns please call the Tribal Recreation @ 520-562-6087			
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