



May 2018

Wellness Center Calendar

Monday Lunas	Tuesday Go:k Thash	Wednesday Vaik Thash	Thursday Gi:ik Thash	Friday Shavai
<p>May is... <i>National Physical Fitness and Sports Month!</i></p> <p>GET OUT & GET ACTIVE!</p>	<p>1 Lunch time workout W/ Fabby 11:00 am, 11:45am, 12:30pm</p>	<p>2 Lunch time workout W/ Charlie 11:00 am, 11:45am, 12:30pm</p>	<p>3 Lunch time workout W/ Bee 11:00 am, 11:45am, 12:30pm</p>	<p>4  Wellness Center Closed all day for event & staff meeting</p>
<p>7 Lunch time workout W/ Bee 11:00 am, 11:45am, 12:30pm</p> <p>Zumba W/Fabby 5:30p – 6:30p Open Gym from 6:30pm - 8pm</p>	<p>8 Lunch time workout W/ Fabby 11:00 am, 11:45am, 12:30pm</p> <p>Be GRIC FIT Tour 5:30pm-8:00pm @The Wellness Center Building</p> <p>*Wellness Center closing early at 4:30pm for prep*</p>	<p>9 Lunch time workout W/ Charlie 11:00 am, 11:45am, 12:30pm</p> <p>Zumba W/Fabby 5:30p – 6:30p Open Gym from 6:30pm - 8pm</p> <p>*Strong Man/Strong Woman registration closes today*</p>	<p>10 Lunch time workout W/ Bee 11:00 am, 11:45am, 12:30pm</p> <p>Co-Ed Volleyball from 6:30pm to 8pm</p>	<p>11 Lunch time workout W/ Sly 11:00 am, 11:45am, 12:30pm</p> <p>*Wellness Center closing early at 2:00 pm for Strong Man, Strong Woman event prep*</p>
14	15	16	17	18
<p>No classes or regular business hours this week due to the 2018 Annual Employee Health and Fitness Week</p> <p>If you have any questions or concerns please call the Tribal Recreation @ 520-562-6087</p>				
<p>21 Lunch time workout W/ Bee 11:00 am, 11:45am, 12:30pm</p> <p>Zumba W/Fabby 5:30p – 6:30p Open Gym from 6:30pm - 8pm</p>	<p>22 Lunch time workout W/ Fabby 11:00 am, 11:45am, 12:30pm</p> <p>*Wellness Center closing early at 4:00 pm for event*</p>	<p>23 Lunch time workout W/ Charlie 11:00 am, 11:45am, 12:30pm</p> <p>Zumba W/Fabby 5:30p – 6:30p Open Gym from 6:30pm - 8pm</p>	<p>24 Lunch time workout W/ Bee 11:00 am, 11:45am, 12:30pm</p> <p>Co-Ed Volleyball from 6:30pm to 8pm</p>	<p>25 Lunch time workout W/ Sly 11:00 am, 11:45am, 12:30pm</p>
<p>28  MEMORIAL DAY REMEMBER & HONOR</p>	<p>29 Lunch time workout W/ Fabby 11:00 am, 11:45am, 12:30pm</p> <p>Co-Ed Volleyball from 6:30pm to 8pm</p>	<p>30 Lunch time workout W/ Charlie 11:00 am, 11:45am, 12:30pm</p> <p>Zumba W/Fabby 5:30p – 6:30p Open Gym from 6:30pm - 8pm</p>	<p>31 Lunch time workout W/ Bee 11:00 am, 11:45am, 12:30pm</p> <p>Co-Ed Volleyball from 6:30pm to 8pm</p>	<p> GET OUT. GET ACTIVE.</p>

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 3
Wellness Center**

**Strong Man/Strong Woman
Challenge Event
Saturday, May 12th, 2018**

Check in: 7:30 am

Event begins: 8:00 am

Pre-Registration event only

WELLNESS IN YOUR DISTRICT

Starting April 2nd through June 29th

District 2

Every Monday

Total Body Workouts 6pm – 7pm

Every Tuesday & Thursday

Circuit Training 6:00-7:00 pm

District 5

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