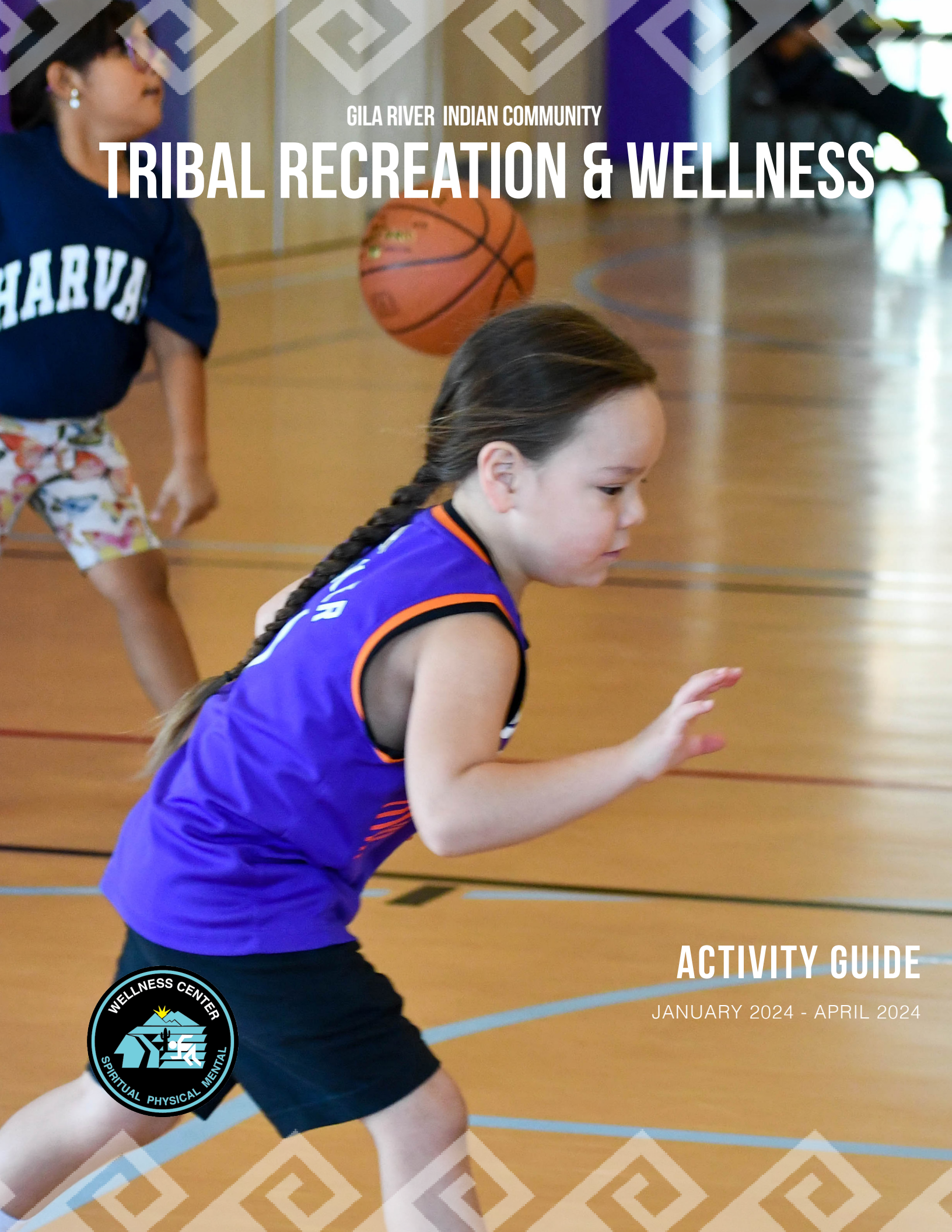


GILA RIVER INDIAN COMMUNITY

# TRIBAL RECREATION & WELLNESS



**ACTIVITY GUIDE**

JANUARY 2024 - APRIL 2024





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# HOURS AND INFORMATION

## TRIBAL RECREATION & WELLNESS GYM HOURS:

**MONDAY - THURSDAY**

6am - 7pm

**FRIDAY**

6am - 5pm

## TRIBAL RECREATION & WELLNESS SPORTS, NUTRITION, AND ADMINISTRATION OFFICE HOURS:

**MONDAY - THURSDAY**

8am - 5pm

## LOCATION:

**315 W. CASA BLANCA RD.**

**SACATON, AZ, 85147**

## CONTACT:

Sports (520) 562 - 2024 or 2025

Fitness (520) 562-2026

Administration (520) 562-6087

Email: [Wellness.Center@gric.nsn.us](mailto:Wellness.Center@gric.nsn.us)



# TRW POLICIES & PROCEDURES

## *Gila River Wellness Center Policies & Procedures*

*The Wellness Center usage is a privilege available to our Gila River Indian Community Tribal Members, Tribal Entities, and Federally Recognized Tribes. We encourage our participants to participate in TRW activities, for that reason certain rules must be complied with.*

1. Participants must read and sign the Gila River Wellness Center Waiver/Agreement before utilizing the facility.
2. Participants must sign-in before each session.
3. Participants under the age of 16 must be supervised by a responsible adult at all times. No Exceptions.
  - a. To prevent injury to themselves and/or other participants.
  - b. If children are disruptive, an adult must address the child.
  - c. Wellness Center Staff reserves the right to make the final decision on what is appropriate and safe.
4. Participants must clean equipment after each use with the GYM WIPES provided.
5. Participants must limit stationary equipment use to 30-Minutes if others are waiting.
6. Gym Equipment and Group Activities are provided on a First Come First Serve Basis.
  - a. Equipment may be available for check-out:
    - i. Valid ID, Vehicle Keys, Cell Phone may be used to check out select equipment.
    - ii. Lost, missing, or damaged TRW equipment or property may result in replacement charges or suspension of the Gila River Wellness Center.
7. Treat the equipment as you would treat your own.
  - a. No Slamming of Equipment or Weights.
  - b. Please clean up any mess when using CHALK.
8. Participants must wear proper workout attire and footwear.
  - a. Appropriate workout attire, including clean gym shoes (no boots or muddy shoes) should be worn at all times.
  - b. Exposed metal on clothing, see-through clothing, open-toed shoes and high heels are prohibited.
9. Additional attire may be deemed inappropriate by staff.
10. Wellness Center Staff reserves the right to make the final decision on what is appropriate and safe.
11. No Food is permitted.
12. Beverages must be in non-glass, enclosed containers.
13. Please RESPECT those around you.

# YOUTH 3-17

## 15U CO-ED SOCCER CLINIC

**Contact:** Huey Guy, (520) 562-6087 ext. 2024  
**Location:** Sacaton Fairgrounds  
**Ages:** 3-15yr olds, (youth co-ed will be in different age divisions.)  
**Registration:** December 26, 2023  
**Date/Time:** Saturday, January 27, 2024 at 8am  
**Event Description:** Youth are taught the basic skills of the game of soccer: kicking, passing, scoring and defense.

## CO-ED SOCCER LEAGUE

**Contact:** Huey Guy, (520) 562-6087 ext. 2024  
**Location:** Sacaton Fairgrounds  
**Ages:** 3-15yr olds, (youth co-ed will be in different age divisions.)  
**Registration:** January 8th - February 16th  
**Dates/Time:** March  
**Event Description:** Youth are taught the fundamentals of soccer and will compete with other teams in a 6 week League.



## MCT 12U CO-ED BASKETBALL TOURNAMENT

**Contact:** Huey Guy, (520) 562-6087 ext. 2024  
**Location:** Service Center Gym (2): TBA  
**Ages:** 10-12yrs old (Boys and Girls).  
**Registration:** Friday, January 26, 2024. Team registration only.  
**Dates/Time:** March 1<sup>st</sup> and 2<sup>nd</sup>, 2024  
**Event Description:** 12U Co-ed Teams will compete against each other in a double elimination tournament.

## MCT BOYS & GIRLS BASKETBALL TOURNAMENT

**Contact:** Huey Guy, (520) 562-6087 ext. 2024  
**Location:** Service Center Gym (2): TBA  
**Ages:** 17yrs old and younger that are in High School.  
**Registration:** Friday, February 12, 2024. Team registration only.  
**Dates/Time:** April 5<sup>th</sup> and 6<sup>th</sup>, 2024  
**Event Description:** Boys and Girl Teams will compete against each other in a double elimination tournament. There will be a two (2) Divisions, a Boy's Division & a Girl's Division

## BOYS HIGH SCHOOL BASKETBALL LEAGUE

**Contact:** Huey Guy, (520) 562-6087 ext. 2024  
**Location:** Service Center Gym (2): TBA  
**Ages:** 17yrs old and younger that are in High School.  
**Registration:** March 4, 2024. Team registration only.  
**Dates/Time:** April 13<sup>th</sup>, 20<sup>th</sup>, 27<sup>th</sup> and May 4<sup>th</sup>, 2024.  
**Event Description:** Boys' Teams will compete against each other in this league. There will be play-offs at the end of the league.



# ADULT (18+)

## EMPLOYEE LUNCH BASKETBALL LEAGUE

**Contact:** Rheanna Jackson (520) 562-2026  
**Location:** D3 Service Center Gymnasium  
**Ages:** Must be 18+yrs or older to participate.  
**Registration:** CLOSED.  
**Dates/Time:** Jan. 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>, 30<sup>th</sup>,  
 2024/11:30am-12:35pm  
 Feb. 6<sup>th</sup>, 2023/11:30am-12:35pm  
**Event Description:** A single-elimination tournament will follow once all league games have ended and rankings are posted.

## MCT WOMEN'S MODIFIED BASKETBALL TOURNAMENT

**Contact:** Cael Bennett (520) 562-6087 ext. 2025  
**Location:** Service Center Gym: TBA  
**Ages:** Must be 18+yrs or older to participate.  
**Registration:** TBA  
**Dates/Time:** TBA  
**Event Description:** This tournament requires a maximum of four (4) non-natives on the team roster and a maximum of two (2) non-natives on the court at all times. Must be 18 years or older to compete, no exceptions. Awards for the TOP 3 teams.

## SOCCER COACHES CLINIC

**Contact:** Cael Bennett (520) 562-6087 ext. 2025  
**Location:** Sacaton Fairgrounds  
**Ages:** Must be 16+yrs or older to participate.  
**Registration:** December 26, 2023 at 12pm, registration closes once filled.  
**Dates/Time:** March  
**Event Description:** Adults are taught the basics skills of coaching for soccer: coaching, scoring, and defense.

## MEN'S 35 AND OLDER BASKETBALL LEAGUE

**Contact:** Cael Bennett (520) 562-6087 ext. 2025  
**Location:** District 5 Service Center Gymnasium  
**Ages:** Must be 35+yrs or older to participate.  
**Registration:** TBA  
**Dates/Time:** April 15<sup>th</sup>, 17<sup>th</sup>, 22<sup>nd</sup>, 24<sup>th</sup>, 29<sup>th</sup> - May 1<sup>st</sup>, 6<sup>th</sup>, 8<sup>th</sup>, 2024.  
**Event Description:** This league requires a maximum of four (4) non-natives on the team roster and a maximum of two (2) non-natives on the court at all times. There will be playoffs at the end of the league. Awards for the TOP 3 teams.

## MCT MEN'S MODIFIED BASKETBALL TOURNAMENT (ALL NATIVE MEN)

**Contact:** Cael Bennett (520) 562-6087 ext. 2025  
**Location:** Service Center Gym: TBA  
**Ages:** Must be 18+yrs or older to participate.  
**Registration:** TBA  
**Dates/Time:** TBA  
**Event Description:** This tournament requires all native men & must be 18 years or older to compete, no exceptions. Awards for the TOP 3 teams.



# SENIORS (55+)

## ELDER CHAIR VOLLEYBALL LEAGUE (GRIC ELDER TEAMS ONLY)

**Contact:** Cael Bennett (520) 562-6087 ext. 2025

**Location:** D3 Service Center - January games  
D1 Service Center - February games

**Ages:** Must be 55+ yrs or older to participate.

**Registration:** Dec. 12, 2023 at 12pm, registration will close on Dec. 29, 2023.

**Dates/Time:** Jan. 8<sup>th</sup>, 9<sup>th</sup>, 16<sup>th</sup>, 17<sup>th</sup>, 22<sup>nd</sup>, 24<sup>th</sup>, 31<sup>st</sup>.  
Feb. 5<sup>th</sup>, 7<sup>th</sup>, 12<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup>, 22<sup>nd</sup>, 26<sup>th</sup>,  
Tournament Date: Feb. 28<sup>th</sup>, 2023.

**Event Description:** Elder Chair Volleyball is a very popular sport among elders 55+ yrs & older within the GRIC and other tribes. We also promote healthy and wellness with the elders by moving and coordinating during games while having fun.

## MCT ELDER CHAIR VOLLEYBALL TOURNAMENT

**Contact:** Cael Bennett (520) 562-6087 ext. 2025

**Location:** District 2 Service Center Gymnasium

**Ages:** Must be 55+ yrs or older to participate.

**Registration:** TBA

**Dates/Time:** TBA

**Event Description:** Elder Chair Volleyball is open to all 55+ elder Native American teams from different tribes. Awards for the TOP 3 teams.



## 16+ ACTIVITIES

### MCT RUN SERIES 10 K/1MILE ELDER WALK

**Contact:** Rheanna Jackson

**Location:** Sacaton Fairgrounds

**Ages Range:** 16+ with adult present

**Registration:** On-site registration will open at 6:30am, cut-off time for course/registration is 7:15am

**Date/Time:** January 13, 2024 at 7am

**Event Description:** The MCT Run Series is designed to get individuals to participate in physical activity leading up to the Mul-Chu-Tha Fair & Rodeo in March. The MCT Run Series is a 4 part series, stop #2 will consist of a 10K run for a total of 6.2 miles.



### SQUAT SERIES PT. 2

**Contact:** Rheanna Jackson (520) 562-2026

**Location:** Wellness Center

**Ages Range:** 16+ with adult present

**Registration:** December 28, 2023. 2 weeks before the first event date. Anyone who completed the part 1 series and squat party will have first dibs on limited spots available.

**Dates/Time:** January 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup> from 5:30pm to 7:30pm.

**Event Description:** This series is a guided 3 week program where we build off your basic knowledge and cueing information that you now have either from part 1 or previous experience.

### MCT RUN SERIES 15K/1 MILE ELDER WALK

**Contact:** Rheanna Jackson (520) 562-2026

**Location:** Sacaton Fairgrounds

**Age Range:** 16+ with adult present.

**Registration:** On-site registration will open at 6:30am, cut-off time for course/registration is 7:15am.

**Date/Time:** February 10, 2023 at 7am.

**Event Description:** The MCT Run Series is designed to get individuals to participate in physical activity leading up to the Mul-Chu-Tha Fair & Rodeo in March. Stop #3 will consist of a 15k run for a total of 9.32 miles.

### MCT HALF MARATHON/1 MILE ELDER WALK

**Contact:** Rheanna Jackson (520) 562-2026

**Location:** Sacaton Fairgrounds

**Age Range:** 16+ with adult present.

**Registration:** On-site registration will open at 6:30am, cut-off time for course/registration is 7:15am.

**Date/Time:** March 9, 2024 at 7am.

**Event Description:** The MCT Run Series is designed to get individuals to participate in physical activity leading up to the Mul-Chu-Tha Fair & Rodeo in March. Stop #3 will consist of a 15k run for a total of 9.32 miles.

## ADULT 18+

### NEW YEAR'S WEIGHT LOSS CHALLENGE

**Contact:** Ryan Brown

**Location:** Wellness Center

**Ages Range:** Must be 18+yrs or older.

**Registration:** Dec. 8<sup>th</sup> - 22<sup>nd</sup>, 2023.

**Date/Time:** January 2<sup>nd</sup> - March 22<sup>nd</sup>, 2024.

**Event Description:** This is a 12-week weight loss challenge for anyone who is 18+yrs or older. This is a team-based challenge (2 femals + 1 male). Participants will have 4-mandatory weigh-ins every 4 weeks.



## ELDERS 55+

### MCT RUN SERIES 10K/1 MILE ELDER WALK

**Contact:** Rheanna Jackson (520) 562-2026.

**Location:** Sacaton Fairgrounds

**Ages Range:** 55+yrs or older to participate in the 1 mile elder walk.

**Registration:** Closed

**Dates:** January 13, 2024 at 7am. On-site registration will start at 6:30am, course cut-off/registration is at 7:15am.

**Event Description:** The MCT Run Series is designed to get individuals to participate in physical activity leading up to the Mul-Chu-Tha Fair & Rodeo in March. The MCT Run Series is a 4 part series, stop #2 will consist of a 10K run for a total of 6.2 miles.



### MCT RUN SERIES 15K/1 MILE ELDER WALK

**Contact:** Rheanna Jackson (520) 562-2026

**Location:** Sacaton Fairgrounds

**Age Range:** 16+ with adult present.

**Registration:** On-site registration will open at 6:30am, cut-off time for course/registration is 7:15am.

**Date/Time:** February 10, 2023 at 7am.

**Event Description:** The MCT Run Series is designed to get individuals to participate in physical activity leading up to the Mul-Chu-Tha Fair & Rodeo in March. Stop #3 will consist of a 15k run for a total of 9.32 miles.



### MCT HALF MARATHON/1 MILE ELDER WALK

**Contact:** Rheanna Jackson (520) 562-2026

**Location:** Sacaton Fairgrounds

**Age Range:** 16+ with adult present.

**Registration:** On-site registration will open at 6:30am, cut-off time for course/registration is 7:15am.

**Date/Time:** March 9, 2024 at 7am.

**Event Description:** The MCT Run Series is designed to get individuals to participate in physical activity leading up to the Mul-Chu-Tha Fair & Rodeo in March. Stop #4 will consist of a half marathon run for a total of 13.1 miles.



# YOUTH

## LIVE LIFE WITH HEART

**Contact:** Tiffany Boni (520) 562-6087 ext. 2036  
**Location:** Boys & Girls Club of the Gila River Indian Community  
**Ages Range:** Tweens 10-12yr olds. Enrolled Boys & Girls Club attendees.  
**Registration:** No registration needed.  
**Date/Time:** February 2024/TBD.

# 18+YR & OLDER

## ONE PAN DINNER SERIES

**Contact:** Tiffany Boni (520) 562-6087 ext. 2036  
**Location:** District 1 and District 7  
**Ages Range:** 18+yrs or older.  
**Registration:** Registration required.  
**Date/Time:** January - February 2024 from 6pm to 8pm

## SUPERMARKET TOUR

**Contact:** Tiffany Boni (520) 562-6087 ext. 2036  
**Location:** Nearest grocery store.  
**Ages Range:** 18+yrs or older.  
**Registration:** Registration is required.  
**Date/Time:** March 2024

# ELDER 55+

## HEART HEALTHY FOODS

**Contact:** Tiffany Boni (520) 562-6087 ext. 2036  
**Location:** District Elder Centers  
**Ages Range:** 55+yrs or older.  
**Registration:** No registration needed.  
**Date/Time:** February 2024

# ALL AGES

## NUTRITION BINGO (NATIONAL NUTRITION)

**Contact:** Tiffany Boni (520) 562-6087 ext. 2036  
**Location:** Community District Elder Centers  
**Ages Range:** All ages welcome  
**Registration:** No registration needed.  
**Date/Time:** March 2024



# GROUP EXERCISE CLASSES

**WHAT'S OFFERED?** Below is a list of different group classes. All group exercises are for ages 16+ yrs. unless otherwise noted. Youth ages 10-14 yrs. old may participate with adult/guardian supervision.

*See monthly calendar and flyers for days, times, and specialty group exercise classes. Classes are limited in size, by dates, and age.*

## TRX FUSION

TRX is a revolutionary, suspension based total-body fitness program that utilises gravity against the individual's own body weight to simultaneously develop strength, core strength, balance, flexibility and joint stability.

## BOOTCAMP

Boot camp involves a lot of high-impact exercises, like jumping jacks and mountain climbers.

## CIRCUIT TRAINING

Circuit training is a form of body conditioning that involves endurance training, resistance training, high-intensity aerobics, and exercises performed in a circuit, similar to high-intensity interval training. It targets strength building and muscular endurance.

## SPIN CLASS

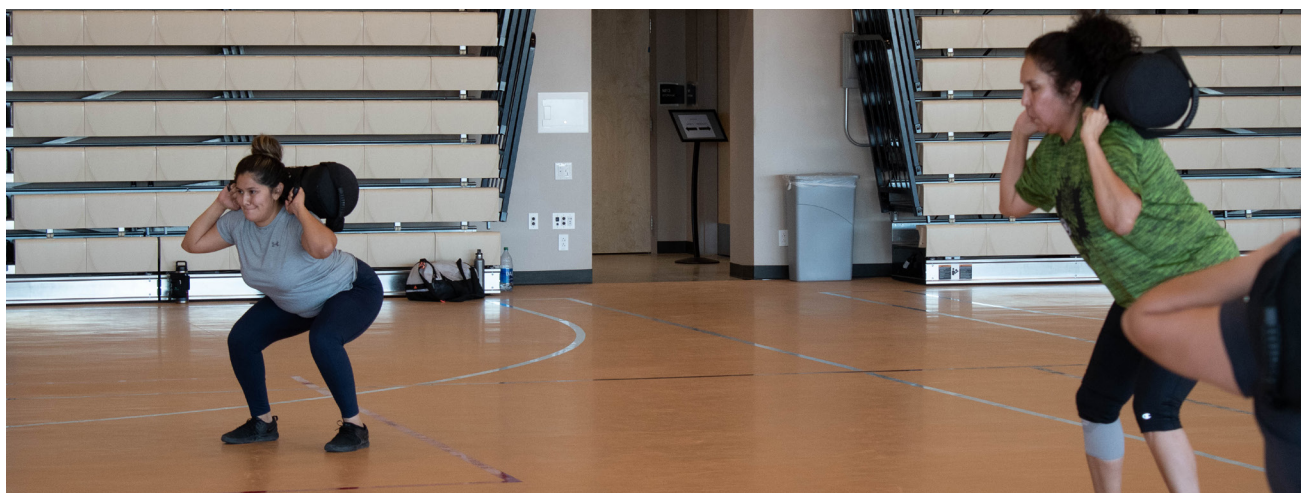
30 Minutes of high energy cycling! is a low-impact, high-intensity workout that takes place inside an indoor cycling gym.

## WARRIOR WEDNESDAYS

High intensity workouts: Tire flips, sand bags, sledge hammers, kick boxing, strength training, power ropes, speed & agility, sleds.

## STRENGTH TRAINING

Classes vary from style circuit, style training, step aerobics, tabata, TRX, ropes and more!



**WELLNESS CENTER**  
SPIRITUAL PHYSICAL MENTAL

TRIBAL RECREATION & WELLNESS

**CALLING ALL COACHES & OFFICIALS!**

WE WILL BE RECRUITING FOR OUR UPCOMING SPORTS LEAGUES!

TRAINING & EQUIPMENT WILL BE PROVIDED! AGES 16 AND UP!

CALL (520) 562-6087

**MARCH TO MUL-CHU-THA**

**WE RUN THE REZ RUN SERIES**

**SERIES DATES:**  
10K RUN: JANUARY 13, 2024  
15K RUN: FEBRUARY 10, 2024  
HALF MARATHON: MARCH 9, 2024

ALL RUNS START AT 7AM. ROUTE CUT-OFF TIME IS AT 7:15AM  
NO EXCEPTIONS!

\*\*1 MILE MCT FUN RUN/WALK AVAILABLE AT EACH RUN\*\*  
We encourage families, youth, elders to participate!

**QUALIFICATIONS:**

- You must complete the designated route.
- Must be GRIC member or from a Federally Recognized Tribe to participate/receive incentives.
- Must be present to receive incentives the day of event.

For more information contact:  
Rheanna Jackson at Rheanna.Jackson.CSD@gric.nsn.us  
Aleshia White at Aleshia.White.TRW@gric.nsn.us  
(520) 562-2026.

**ONSITE REGISTRATION WILL BE AVAILABLE!!**

**SQUAT PARTY**

JANUARY 5<sup>TH</sup>, 2024 AT 5:30PM  
TRW GYM

Registration Opens: GRIC Priority and Pt.1 Students - Dec. 27<sup>th</sup> thru Dec. 29<sup>th</sup>  
Open to public on Dec. 29<sup>th</sup> thru Jan. 4<sup>th</sup>

**QUALIFICATIONS:**

- Must be 16+ yrs (adult present) or 18+ yrs and older to participate.
- Anyone with previous knowledge of barbell squatting.

**Limited to 20 Lifters!**

Contact Javonni Molina for more information.  
(520) 562-2026.

TRIBAL RECREATION & WELLNESS PRESENTS

**SAVE THE DATE!**

**PRESCHOOL PE & MOVEMENT CLASSES**

<b>FEB 13</b>	<b>SUPERHERO CAMP</b>
<b>MAR 19</b>	<b>PAW PATROL CAMP</b>
<b>APR 23</b>	<b>MERMAIDS &amp; UNICORNS CAMP</b>

ALL CLASSES WILL BE FROM  
5:45PM - 7:00PM | LOCATION: TBA

AGES: 3-5YRS OLDS  
MUST BE GRIC MEMBER OR FROM A FEDERALLY RECOGNIZED TRIBE  
ADDITIONAL INFORMATION WILL BE ANNOUNCED AS EVENT DATE APPROACHES

CONTACT WELLNESS CENTER FOR MORE INFORMATION (520) 562-2026.

# NEED A FITNESS PERSONAL TRAINER

TRIBAL RECREATION & WELLNESS  
HAS 1-ON-1 TRAINING  
AVAILABLE!



**RYAN  
BROWN**



**TRISTAN  
NATANI**



**SLY  
REED**

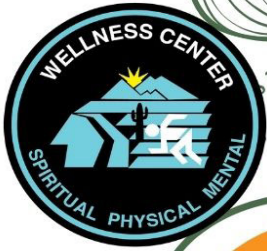


**JAVONNI  
MOLINA**



**RHEANNA  
JACKSON**

**CALL (520) 562-2026 TO SCHEDULE  
YOUR APPOINTMENT TODAY!**



Tribal Recreation & Wellness

# LET'S GET COOKING ONE PAN SERIES

Tribal Recreation & Wellness will go over healthy quick meal options.

*Location: District 1*

*Dates: Jan. 29, Feb. 6th, 12th, 26th, 2024*

*Time: 6pm-8pm*

*Location: District 7*

*Dates: Feb. 1st, 8th, 15th, 22nd 2024*

*Time: 6pm-8pm*



**LIMITED TO  
20 PARTICIPANTS!**

- Must be 18+yrs old.
- Must be a member of a federally recognized tribe.
- Complete 3 of 4 sessions.

*Contact Fiffany Boni  
(520) 562-6087*



**WALKING SHOES  
FOR ELDERS!**



**COMING  
SOON**

**SPORTS SHOES  
FOR KIDS!**



**ADDITIONAL INFORMATION  
WILL BE RELEASED SOON!**

# STAY ON TOP OF THE LATEST NEWS & ANNOUNCEMENTS



## JOIN OUR EMAIL LIST

**WE ARE UPDATING OUR CLIENT EMAIL LISTING!**

IN EFFORTS TO KEEP CLIENTS UP TO DATE  
ON TRIBAL RECREATION & WELLNESS (TRW) ACTIVITIES INCLUDING  
EVENT ANNOUNCEMENTS, CHANGES AND OTHER EXCITING NEWS, WE INVITE  
YOU TO SIGN UP FOR OUR EMAIL LISTING.

SCAN QR CODE



FOR MORE INFORMATION CALL 520-562-2026.



# TRIBAL RECREATION & WELLNESS

## STAFF

### ADMINISTRATIVE:

**Recreation Manager:** Sonja Luevano

**Administrative Assistant:** Claudette “Ann” Torres

**Secretary III:** Aleshia White

**Multimedia Specialist:** Tiffany Enos

### HEALTH & NUTRITION

**Health Education Specialist:** Tiffany Boni

### SPORTS

**Recreation Coordinator:** Duane “Huey” Guy

**Recreation Coordinator:** Cael Bennett

### FITNESS

**Lead Fitness Instructor:** Ryan Brown

**Fitness Instructor:** Sylvester Reed

**Fitness Instructor:** Rheanna Jackson

**Fitness Instructor:** Javonni Molina

**Fitness Instructor:** Tristan Natani

**Custodian:** Cierra Pablo



### SACATON FAIRGROUNDS

**Groundskeeper Supervisor:** Rudy Flores

**Groundskeeper:** Kenny Osife

# TRW MONTHLY CALENDAR

## GILA RIVER INDIAN COMMUNITY TRIBAL RECREATION & WELLNESS

Fitness Questions? Call (520) 562-2026  
 Sports Questions? Call (520) 562-2024 or 2025  
 Administrative Questions? Call (520) 562-6087  
 Email: Wellness.center@gric.nsn.us

LOCATION: 315 W. CASA BLANCA RD  
 SACATON, AZ, 85147  
 GYM HOURS: MONDAY-THURSDAY 6AM TO 5PM  
 FRIDAYS 6AM TO 5PM

SU	MO	TU	WE	TH
	<b>1</b> WELLNESS CENTER CLOSED FOR NEW YEARS	<b>2</b> 10am D7 - Elder Fitness 12pm - D3 Strength Training 5:30pm - D3 Circuit Training	<b>3</b> 12pm - D3 Warrior Wednesday 5:30pm - D2 Bootcamp	<b>4</b> 12pm - D3 Strength Training
<b>7</b>	<b>8</b> 10am D3 Elder Fitness 12pm - D3 TRX Fusion 1pm D5 Elder Chair Yoga ECVB LEAGUE DISTRICT 2	<b>9</b> 10am D7 - Elder Fitness 12pm - D3 HIIT Training 5:30pm - D3 Circuit Training ECVB LEAGUE DISTRICT 2 EMPLOYEE LUNCH BB LEAGUE	<b>10</b> 1pm D2 - Elder Fitness 12pm - D3 Warrior Wednesday NYWLC: KICK-OFF	<b>11</b> 10am D1 Elder Fitness 12pm - D3 Strength Training SQUAT SERIES PT. 2 WELLNESS CENTER
<b>14</b>	<b>15</b> WELLNESS CENTER CLOSED FOR MLK DAY	<b>16</b> 10am D7 - Elder Fitness 12pm - D3 HIIT Training 5:30pm - D3 Circuit Training EMPLOYEE LUNCH BB LEAGUE ECVB LEAGUE DISTRICT 2	<b>17</b> 1pm D2 - Elder Fitness 12pm - D3 Warrior Wednesday ECVB LEAGUE DISTRICT 2	<b>18</b> 10am D1 - Elder Fitness 12pm - D3 Strength Training SQUAT SERIES PT. 2 WELLNESS CENTER
<b>21</b>	<b>22</b> 10am D3 Elder Fitness 12pm - D3 TRX Fusion 1pm D5 Elder Chair Yoga ECVB LEAGUE DISTRICT 2	<b>23</b> 10am D7 - Elder Fitness 12pm - D3 HIIT Training 5:30pm - D3 Circuit Training EMPLOYEE LUNCH BB LEAGUE	<b>24</b> 1pm D2 - Elder Fitness 12pm - D3 Warrior Wednesday ECVB LEAGUE DISTRICT 2 NYWLC: FOOD DEMO	<b>25</b> 10am D1 - Elder Fitness 12pm - D3 Strength Training SQUAT SERIES PT. 2 WELLNESS CENTER
<b>28</b>	<b>29</b> 10am D3 Elder Fitness 12pm - D3 TRX Fusion 1pm D5 Elder Chair Yoga LET'S GET COOKING ONE PAN MEALS ECVB LEAGUE DISTRICT 2	<b>30</b> 10am D7 - Elder Fitness 12pm - D3 HIIT Training 5:30pm - D3 Circuit Training EMPLOYEE LUNCH BB LEAGUE	<b>31</b> 12pm - D3 Warrior Wednesday 1pm D2 - Elder Fitness ECVB LEAGUE DISTRICT 2	<b>SPECIAL ACTIVITIES</b> SQUAT PARTY Jan. 5th - Wellness Center NEW YEAR'S WEIGHT LOSS CHALLENGE Jan. 10th - Kick-off - TBA Jan. 24th - Food Demo - TBA

\*SCHEDULE IS SUBJECT TO CHANGE AS DEEMED NECESSARY BY TRIBAL RECREATION & WELLNESS

# JANUARY

RD.

# 2024

TO 7PM



	FR	SA
4	<b>5</b> 10am D5 Elder Chair Yoga  12pm - D3 Spin Class  SQUAT PARTY WELLNESS CENTER	<b>6</b>
11	<b>12</b> 10am D5 Elder Chair Yoga  12pm - D3 Spin Class	<b>13</b>  MCT 10K RUN SACATON FAIRGROUNDS
18	<b>19</b> 10am D5 Elder Chair Yoga  12pm - D3 Spin Class	<b>20</b>
25	<b>26</b> 10am D5 Elder Chair Yoga  12pm - D3 Spin Class	<b>27</b>  15U CO-ED SOCCER CLINIC SACATON FAIRGROUNDS

**Squat Series Pt. 2:**  
 Jan. 11th - WC Gym  
 Jan. 18th - WC Gym  
 Jan. 25th - WC Gym

**CHALLENGE: Employee Lunch BB League**  
 Jan. 9th - D3  
 Jan. 16th - D3  
 Jan. 23rd - D3  
 Jan. 30th - D3

**MCT 10K RUN:**  
 Jan. 13th - Sacaton Fairgrounds

**15U Soccer Clinic**  
 Jan. 27th - Sacaton Fairgrounds

**ECVB League**  
 Jan. 8th - D2    Jan. 22nd - D2  
 Jan. 10th - D2    Jan. 24th - D2  
 Jan. 16th - D2    Jan. 29th - D2  
 Jan. 17th - D2    Jan. 31st - D2

NOTES:

