



FAMILY FITNESS CLASS

WEDNESDAYS AT 6:00 PM-6:45 PM
DISTRICT 2 MULTI-PURPOSE BUILDING
JULY 3, 10, 17, 31



COME WORKOUT TOGETHER!

WORKOUT SESSION:
20-MINUTE TRACK WALK/RUN
20-MINUTE OF EITHER BODY WEIGHT STRENGTH, CALISTENICS, OR
YOGA

This is a family workout session, please do not drop off your child/children. Parents, guardians, or a responsible adult must be present and participating.

Instructor:
Tribal Recreation & Wellness
Fitness Instructor Rachel Seepie

Questions call 520-562-2026

