

**TRIBAL RECREATION & WELLNESS PRESENTS**

# HIIT & SIP

**JOIN US FOR A 40 MINUTE HIIT WORKOUT WITH FITNESS INSTRUCTOR RHEANNA JACKSON & AFTER ENJOY A SMOOTHIE PROVIDED BY TIFFANY BONI, HEALTH EDUCATION SPECIALIST!**

**CLASS STARTS: JULY 3, 2024  
LOCATION: D3 SERVICE CENTER  
TIME: 12PM**

**CLASS DATES: JULY 3, 10, 17, 31, 2024**



**FOR MORE INFORMATION CALL (520 562- 2026.**