

Fit Rez

(Ages: 9-14)

Limited to 14 participants

Registration starts June 6 – June 15

Cardio Kickboxing

Zumba

Resistance Training

Yoga Stretching

Health Snacks

BASIC NUTRITION

Calisthenics

& Cooking

Date	Tuesday, June 19 st – Thursday, July 26 th
Time	4:00 pm – 5:00 pm
Location	Salt River Fitness Center – Aerobics room
CLASS WILL BE HELD ON TUESDAY AND THURSDAY	

Join Us!

Program is open to SRPMIC community member youth & youth residing within SRPMIC only.

Bring your water bottle & come ready to workout!

Workouts session will be set up with exercise stations; participants will rotate through the stations. Each session will end with stretching. Participants will learn how use the cardio machines in the Fitness Center.

Nutrition info!

In this class participants will learn basic nutrition information on healthy choices for better nutrition provided by Community Nutritionist Specialist.

Rachel Seepie
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480-362-7320

All parents/guardians must fill out Health History Form & Registration Form before child can take part in class. These forms can be picked up at the Salt River Fitness Center.

Please provide Tribal ID # or proof of residency.

*****EVERYONE MUST PARTICIPATE IN ACTIVITIES*****

*****IT IS AN EXERCISE CLASS*****

NO BAGGY PANTS, NO GANG COLORS, NO OPEN TOES SHOES, NO PROFANITY !