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EVENT CALENDAR

JANUARY 2024

SUN	MON	TUE	WED	THU	FRI	SAT
	1 FITNESS CHALLENGE KICKSTART YOUR YEAR WALKING 8K STEPS/DAY	2	3	4	5	6
7	8	9 AERIAL YOGA WITH WELLNESS 3:00PM - 4:00PM	10	11 GROUP FITNESS ACTIVITY WHP- Event Lawn 8:30AM - 9:30AM	12 HIKING WITH WELLNESS 9:00AM - 11:00AM	13
14	15	16	17 WEIGHT LOSS THROUGH NUTRITION & EXERCISE VO- Event Center 12:00PM - 1:00PM BASIC BUDGETING Online Webinar 1:00PM - 2:00PM	18	19	20 ZOO MOVE & GROOVE 5K RUN 5:30PM
21	22	23	24	25 GOLFING FOR WELLNESS WHIRLWIND GOLF 10:00AM - 1:00PM	26	27
28	29	30	31 EXERCISE- KICK IT UP A NOTCH! Online Webinar 12:00PM - 1:00PM			

Connect with Wellness:
Ext 7332
WELLNESS@gila.casino
TEAMWORKS by
scanning the QR code

