



Elder's Aquatics Exercise Class

Every Wednesday

2 p.m. | Soaring Eagle Waterpark and Hotel pool

- Trained Instructor: Mary Alsager from Commission on Aging
- Each participant will need to fill out a liability form at SEWPH front desk prior to participating
- Participants need to bring their own towel

For more information, please contact:

Jaden Harman at 989.775.4694 or JHarman@sagchip.org



Nimkee *Fitness*



Saginaw Chippewa Indian Tribe of Michigan

"Working Together for Our Future"

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