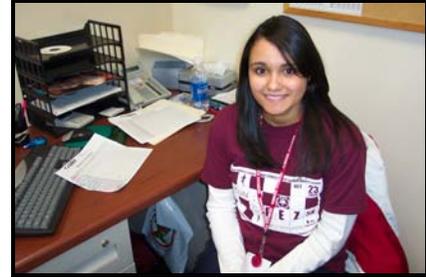


EMPLOYEE SPOTLIGHT: Welcoming Jayme

Hello, my name is Jayme Green and I am the new Fitness Coordinator here at Nimkee Fitness Center. To give you a little back ground about myself I want to first share what type of experience I am bringing to Nimkee. In August 2007 I graduated from Central Michigan University with a Bachelor's degree in Health Fitness in Preventative and Rehabilitative Programs. Before finishing my degree, I completed an internship at Spectrum Hospital in Grand Rapids. Here my main focus was on Cardiac Rehab, where I created exercise prescriptions, performed EKG's, and monitored high risk patients. On top of my college education, for the past three years I have taught low impact aerobics at five different senior locations in Mt. Pleasant and Rosebush. When working with these participants, I really enjoyed getting to know them and considered them my adopted grandparents.



On a more personal note: I have grown up in Mt. Pleasant and have just recently moved to Shepherd. I just got married in October! One thing I love to do in my free time is to dance. I enjoy many styles of dance like hip hop, Latin, jazz, and ballet. Summer is my favorite season and is the time really enjoy being outside - staying active.

I'm very excited to be on board here at Nimkee. I'm looking forward to teaching some fun classes such as Zumba, a running program, and Families in Motion. Along with teaching classes, I will be doing assessments and personal training. I work from 10am-7pm and would love to help you out with a new exercise program! Come say Hi!!

- Jayme Green, B.S. Fitness Coordinator