

NIMKEE FITNESS E-NEWS

BIMAADIZIWIN

SAGINAW
CHIPPEWA
INDIAN TRIBE



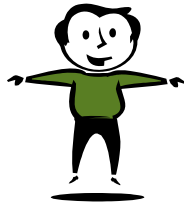
November/Dec., 2009

Fitness Focus: Have Fun with Group Exercise Classes

What do you think of when you hear the word EXERCISE? [CLICK HERE](#) to read how you can revamp your exercise routine with a group exercise class. Nimkee Fitness offers many different exercise classes.

TRY THIS!! Cardio

This time of the year can get very busy. Release some stress and do this quick cardio burst. [CLICK HERE](#) to see how you can keep fit!



HEALTHY RECIPE: Baked Oatmeal

Breakfast is the most important meal of the day! With the cold winter coming, start your day with warm oatmeal. [CLICK HERE](#) to try this delicious and warming oatmeal.



INFORMATION

**HOURS OF
OPERATION**
Monday—Friday
6 AM to 7 PM

Saturday & Sunday
CLOSED

Phone—
(989) 775-4690
(989) 775-4696

2591 S. Leaton Rd.
Mt. Pleasant, MI 48858

Web—
[www.sagchip.org/fitness/
index.htm](http://www.sagchip.org/fitness/index.htm)

Inspirational Quote :

" You are never a loser until you quit trying."
Mike Ditka

GROUP EXERCISE:

Nimkee Fitness Center by instructional classes!
Look for some changes in December.
For our current Fall 2009 Class Schedule [CLICK HERE](#)

Stay Safe & Healthy this Holiday Season!

Walking Through the Winter Incentive Program

To enter the program you will need to sign a commitment form, track your mileage and turn it in to receive your incentive. It doesn't matter if you do only 50 miles or over 300 during the 5 months to earn incentives. To learn more [CLICK HERE](#).

Build'n Frosty through Fitness

How to Build a Snowman!

*Experience 9 of our wonderful Group Exercise Classes. Every class you attend gets you one eye, hat, arm, etc. closer to a complete Snowman. [CLICK HERE](#) to learn more.

CLICK ON THE PICTURE TO FIND OUT MORE INFORMATION ON THESE PROGRAMS



(Ongoing program)



(Ongoing program)

Days Closed



Nov. 11
Nov. 26 & 27
Dec. 25, 26 & 31
Jan. 1