

July/August 2011



Fitness Inspired Success Story:

Ruben Mosqueda and Rachel Woodrow

NEW FEATURE: Read and get inspired by these two success stories!

Click on their name to read [RUBEN's](#) and [RACHEL's](#) Fitness Inspired Success Story.

Get to Know: [Sharon Peters](#), [Desteny Meyers](#) and [Toni Smith](#). Click on their name to read what their likes/dislikes are and what advice they have for you.

Incentives and Events

24 Annual Michigan Indian Family Olympic
Friday, July 29th > CMU Bennett Field

[CLICK HERE](#) for more information!

Try This!

Mountain Climbers

Need some more cardio? Try doing mountain climbers for a great cardio challenge.

[CLICK HERE](#) to see just how to do them!

Healthy Recipe

Angel Food Flag Cake

Family and friends will eagerly devour this sensational patriotic dessert made with bountiful summer berries! From [eatbetteramerica](#).

[CLICK HERE](#) to see this fun and delicious recipe.



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Nimkee Fitness E-Newsletter

Days Closed:

~ Monday, July 4th

Independence Day

~ Friday, August 5th

Pow Wow Weekend

Information:

- Hours of Operation: Monday-Friday
6am-7pm
- Saturday & Sunday: CLOSED
- Phone: 989-775-4690 OR 775-4696
- Web-www.sagchip.org/fitness/index.htm