

Nimkee Fitness Center

QUICK FIT TIP

MARCH 2016

Honoring Nimkee Fitness Members!

Check out our display honoring those committed to Nimkee Fitness Center. The two people who had been attending the Fitness Center the longest was Jean C. and Ben H.-29 years!

Be on the lookout in the April's Tribal Observer for an interesting article on the history of Nimkee Fitness Center and how much we have changed since opening in 1987!

Interactive Challenge:

The first 5 people to stop into the Fitness Center and complete 10 minutes of cardio (treadmill, bike, elliptical, Nustep) and mention this Quick Fit Tip Interactive Challenge WINS a T-Shirt, gym bag or Water Bottle!!

Healthy Recipe: Lasagna Soup



[CLICK HERE](#) for this easy & super yummy recipe!!