

## Meet Your Instructors:

**Sharon Peters**– Sharon teaches the Tribal *Aqua Fit* classes held at the Soaring Eagle Resort Pool. *\*This class is only available for Tribal members 50 years and older.\**

**Jaden Harman** — Certified NATA Athletic Trainer & Boot Camp Instructor.

**Jayme Green**— Certified Zumba, AFAA Group Exercise Instructor.

**Deana Monahan**– Belly Dance Instructor

**Beth Birgy**– Certified Turbo Kick Instructor

**Tammy Kay**– Certified Yoga Instructor

## Nimkee Fitness Center Staff

Walt Kennedy

Nimkee Fitness Center Director

Jaden Harman

Fitness Coordinator / Personal  
Trainer

Jayme Green

Fitness Coordinator / Personal  
Trainer

Sharon Peters

Administrative Assistant

Vanessa Sprague

Fitness Attendant

Tommy Chamberlain

Fitness Attendant



**Nimkee Memorial Fitness Center**  
2591 South Leaton Road  
Mt. Pleasant, MI 48858  
Phone: (989) 775-4690 or 4696  
Fax: (989) 775-4659  
Visit us on the Internet at:  
[www.sagchip.org/fitness/index.htm](http://www.sagchip.org/fitness/index.htm)  
Check out our promotional video as well  
on the web site!

## **Nimkee Memorial Fitness Center**

*Group Exercise  
Class Schedule  
February 2016*



*“Make Fitness Forever”*



*Saginaw Chippewa  
Indian Tribe of Michigan*

# Nimkee Fitness Center-*Bimaadiziwin*

## Group Exercise Schedule, February 2016

Times	Monday	Tuesday	Wednesday	Thursday	Friday
8 a.m.	Aqua Fit <i>Sharon</i>		Aqua Fit <i>Sharon</i>		Aqua Fit <i>Sharon</i>
12:10 p.m.	Muscle Makin' Monday <i>Jaden</i>	Suspension Training <i>Jayne</i>	Warrior Wednesday <i>Jaden</i>	Fat Blast <i>Jayne</i>	
1:10 p.m.					Turbo Kick <i>Beth</i>
5:10p.m.	Running <i>Jayne</i>				
5:30p.m.		Yoga <i>Tammy</i>	Belly Dance <i>Deanna</i>	Yoga <i>Tammy</i>	

Effective February 1, 2016