

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

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
Check out our promotional video as well
on the web site!

Nimkee Memorial Fitness Center

*Group Exercise
Class Schedule
May 2016*



“Make Fitness Forever”



*Saginaw Chippewa
Indian Tribe of Michigan*

Nimkee Fitness Center-*Bimaadiziwin*

Group Exercise Schedule, May 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>	
5:10p.m.	Beg. Running <i>Jayne</i>		Beginner Running <i>Jayne</i>		
5:30p.m.		Yoga <i>Tammy</i>	Belly Dance <i>Deanna</i>	Yoga <i>Tammy</i>	

Effective May 1, 2016