

## Meet Your Instructors:

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

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

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

**Jeni Soeltner**—Certified NETA Group Exercise instructor.

**Deana Monahan**– Belly Dance Instructor

## Nimkee Fitness Center Staff

Walt Kennedy

Nimkee Fitness Center Director

Jaden Harman

Fitness Coordinator / Athletic  
Trainer

Jayne Green

Fitness Coordinator / Personal  
Trainer

Sharon Peters

Administrative Assistant

Vanessa Sprague

Fitness Attendant

Tommy Chamberlain

Fitness Attendant



**Nimkee Memorial Fitness Center**  
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Mt. Pleasant, MI 48858  
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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  
September 2015*



*“Make Fitness Forever”*



*Saginaw Chippewa  
Indian Tribe of Michigan*

# Nimkee Fitness Center-*Bimaadiziwin*

## Group Exercise Schedule September, 2015

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.	Women Weight Training <i>Jayme</i>	Suspension Training <i>Jayme</i>	Warrior Wednesday <i>Jaden</i>	Women Weight Training <i>Jayme</i>	
1:10 p.m.			Turbo Kick <i>Jayme</i>		Turbo Kick <i>Jayme</i>
5:10p.m.	Beg. Running <i>Jayme</i>	Kick & Step <i>Jeni</i>	Beg. Running <i>Jayme</i>		
5:30p.m.			Belly Dance <i>Deanna</i>		

Effective September 1, 2015