

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.**

Jeni Soeltner— Certified AFAA Group Exercise Instructor.

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

Jayne Green— Certified Zumba, Turbo Kick and AFAA Group Exercise Instructor. Also teaches the Mommy and Me Class. The class is 45 minutes.

Catherine Tobin— Certified AFAA Group Exercise Instructor and YOGAFIT.

Tawnya Bass— 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

Chuck Isham

Fitness Attendant

Tommy Chamberlain

Fitness Attendant



Nimkee Memorial Fitness Center
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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
April, 2014*



“Make Fitness Forever”



*Saginaw Chippewa
Indian Tribe of Michigan*

Nimkee Fitness Center-*Bimaadiziwin*

Group Exercise Schedule April, 2014

Times	Monday	Tuesday	Wednesday	Thursday	Friday
8:00 a.m.	<i>Aqua Fit</i> <i>Sharon</i>		Aqua Fit <i>Sharon</i>		Aqua Fit <i>Sharon</i>
12:10 p.m.	Turbo Kick <i>Beth</i>	Mat Pilates *starts at 12:15pm <i>Catherine</i>	Lunch Crunch Go 30 <i>Jaden</i>	Fat Blast <i>Jayne</i>	Boot Camp <i>Jaden</i>
4:15 p.m.					Fat Blast <i>Jayne</i>
5:10p.m.	Zumba <i>Jayne</i>	Kick & Step Interval Blast <i>Jeni</i>	Kick & Step Interval Blast <i>Jeni</i>	World Fusion Belly Dance <i>Tawnya</i>	
5:10p.m.		Beginners Running Class (starts 4/15) <i>Jayne</i>		Beginners Running Class (starts 4/15) <i>Jayne</i>	

Effective April 1, 2014