



Beginner's Running Class

Every Tuesday & Thursday • 5:10 to 6 p.m.

start!

Where do I sign up?

Any Nimkee Fitness member may show up on Tuesday, Aug. 15 at 5:10 p.m.

Where: We meet in the Nimkee Fitness Center and will walk/run outside around the Reservation. What if it's raining? We still do a group workout inside the building (strength train abs, legs and butt.)

What kind of program do we use? We will do a walk/run program. We start with a two-minute walk followed by a 30 second run and slowly progress to running continuously for 30 minutes by the end of the eight weeks.

What do we do after the running program ends? Participate in the Run on the Rez Saturday, Oct. 7.

For more information, please contact Jayme Green at 989.775.4696



Saginaw Chippewa Indian Tribe of Michigan

"Working Together for Our Future"

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