

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.

Tammy Kay– Certified Yoga Instructor

Beth Birgy– Certified Turbo Kick Instructor

Nimkee Fitness Center Staff

Walt Kennedy: Director

Jaden Harman

Fitness Coordinator / Personal
Trainer

Jayme Green

Fitness Coordinator / Personal
Trainer

Sharon Peters

Administrative Assistant

Vanessa Sprague

Fitness Attendant

Arionna Mejia

Fitness Attendant



Nimkee Memorial Fitness Center

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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

**FREE GROUP
FITNESS**

August 2017



“Make Fitness Forever”



*Saginaw Chippewa
Indian Tribe of Michigan*

Nimkee Fitness Center-*Bimaadiziwin*

Group Exercise Schedule, August 2017

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>	Drummin' Beats <i>Jayne</i>	
1:10 p.m.			Turbo Kick <i>Beth</i>		
5:10p.m.		Running Class <i>Jayne</i>		Running Class <i>Jayne</i>	
5:30p.m.			Yoga <i>Tammy</i>		

Effective August 1st, 2017