



CRASH

The Fitness Center

Thursday, Feb. 2, 2017

Nimkee Fitness Center

6 a.m. to 7 p.m.

Crash the Fitness Center Goal:

Get more than 150 people to exercise in the Nimkee Fitness Center in one day. *(Never done before.)*

**Must workout for at least
30 minutes in the fitness center.**

Open to all Tribal employees, members and descendants.

Free wristband for every participant.

Activities include:

- Fat Blast from 12:10 to 12:50 p.m.
- Yoga from 5:30 to 6:30 p.m.
- Pre-planned workouts will be available.
- Healthy recipes and free samples will be offered.
- Healthy cooking demonstrations.

For more information, please contact: The Nimkee Fitness Center staff at 989.775.4690



Saginaw Chippewa Indian Tribe of Michigan

“Working Together for Our Future”

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