

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.

Deana Monahan– Belly Dance 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

*Group Exercise
Class Schedule
January 2017*



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!

“Make Fitness Forever”



*Saginaw Chippewa
Indian Tribe of Michigan*

Nimkee Fitness Center-*Bimaadiziwin*

Group Exercise Schedule, January 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>	Fat Blast <i>Jayne</i>	
1:10 p.m.			Turbo Kick <i>Beth</i>		
5:30p.m.		Yoga <i>Tammy</i>	Belly Dance <i>Deanna</i>	Yoga <i>Tammy</i>	

Effective January 2nd, 2017