

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 ACE Personal Trainer

Jayme Green— Certified ACE Personal trainer.

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



Nimkee Memorial Fitness Center
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Phone: (989) 775-4690 or 4696
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!

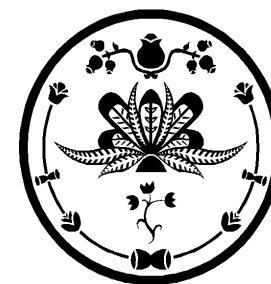
Nimkee Memorial Fitness Center

**FREE GROUP
FITNESS**

August 2018



“Make Fitness Forever”



*Saginaw Chippewa
Indian Tribe of Michigan*

Nimkee Fitness Center-*Bimaadiziwin*

Group Exercise Schedule, August 2018

| Times | Monday | Tuesday | Wednesday | Thursday | Friday |
|------------|---|---|---|---|---|
| | | | | | |
| 8 a.m. | Aqua Fit <i>Sharon</i> | | Aqua Fit <i>Sharon</i> | | Aqua Fit <i>Sharon</i> |
| 11:00p.m. | L.I.F.E. Based Fitness <i>Jaden</i> | | L.I.F.E. Based Fitness <i>Jaden</i> | L.I.F.E. Based Fitness <i>Jaden</i> | |
| 12:10 p.m. | | L.I.F.E. Based Fitness <i>Jaden</i> | | Suspension Training <i>Jayne</i> | L.I.F.E. Based Fitness <i>Jaden</i> |
| 1:10 p.m. | M.E.L.T. <i>Jayne</i> | | | Turbo Kick <i>Beth</i> | |
| 5:10p.m. | | | | | |
| 5:30p.m. | | Yoga <i>Tammy</i> | | Yoga <i>Tammy</i> | |

Effective August 1st 2018