

## 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

Arionna Mejia

Fitness Attendant



Nimkee Memorial Fitness Center  
2591 South Leaton Road  
Mt. Pleasant, MI 48858  
Phone: (989) 775-4690 or 4696  
Fax: (989) 775-4659  
Visit us on the Internet at:  
[www.sagchip.org/fitness/index.htm](http://www.sagchip.org/fitness/index.htm)  
Check out our promotional video as well  
on the web site!

## **Nimkee Memorial Fitness Center**

**FREE GROUP  
FITNESS**

January 2018



*“Make Fitness Forever”*



*Saginaw Chippewa  
Indian Tribe of Michigan*

# Nimkee Fitness Center-*Bimaadiziwin*

## Group Exercise Schedule, January 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.			Turbo Kick <i>Beth</i>		
5:30p.m.		Yoga <i>Tammy</i>		Yoga <i>Tammy</i>	

Effective January 2nd, 2018