

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

Jayne 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**

Jayne Green

**Fitness Coordinator / Personal
Trainer**

Sharon Peters

Administrative Assistant

Vanessa Sprague

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**

June 2018



“Make Fitness Forever”



*Saginaw Chippewa
Indian Tribe of Michigan*

Nimkee Fitness Center-*Bimaadiziwin*

Group Exercise Schedule, June 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.	M.E.L.T. <i>Jayne</i>	Beginner Running <i>Jayne</i>		Beginner Running <i>Jayne</i>	
5:30p.m.		Yoga <i>Tammy</i>		Yoga <i>Tammy</i>	

Effective June 1st 2018