

**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**

**Arionna Crispin**

**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**

March 2018



*“Make Fitness Forever”*



*Saginaw Chippewa  
Indian Tribe of Michigan*

# Nimkee Fitness Center-*Bimaadiziwin*

## Group Exercise Schedule, March 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>				
5:30p.m.		Yoga <i>Tammy</i>		Yoga <i>Tammy</i>	

Effective March 1st, 2018