

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

Fitness Attendant

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
Check out our promotional video as well
on the web site!

**Nimkee Memorial
Fitness Center**

**FREE GROUP
FITNESS**

January 2019



“Make Fitness Forever”



*Saginaw Chippewa
Indian Tribe of Michigan*

Nimkee Fitness Center-*Bimaadiziwin*

Group Exercise Schedule, January 2019

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>		
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>		
5:15p.m.					
5:30p.m.		Yoga <i>Tammy</i>		Yoga <i>Tammy</i>	

Effective January 2, 2019