



# Nimkee *Fitness* June Group Exercise Classes



## **BEGIN: Beginner Exercisers Getting It Now!**

**Monday, Wednesday & Friday | 6:30 a.m. | Contact: 989.775.4694**

- A Boot Camp created for beginners
- Featuring a Workout of the Day each day



## **L.I.F.E. Strength & Conditioning**

**Monday - Wednesday, Friday | Contact: 989.775.4694**

- You can attend class or drop in for the Workout of the Day
- Great variety and a fun challenge every day!



## **M.E.L.T**

**Monday | 1:10 p.m. | Contact: 989.775.4696**

- An interval based fitness class that will help you melt away the calories



## **Walk/Run/Move**

**Monday & Wednesday | 5:15 p.m. | Contact: 989.775.4696**

- A group class that encourages moving at any speed
- Do you want or need more energy and stamina? Try WRM!



## **Elders Time: Staying fit in your golden years!**

**Tuesday & Thursday | 10 a.m. | Contact: 989.775.4693**

- For seniors age 50 and older
- Working out to Oldies Music
- Prizes and awards to be given out



## **Yoga**

**Tuesday & Thursday | 5:10 p.m. | Contact: 989.775.4696**

- A warm and welcoming class for Beginners who are looking to relax and get a good stretch at the end of their day



## **Turbo Kick**

**Thursday | 1:10 p.m. | Contact: 989.775.4696**

- An upbeat class utilizing various routines of punching, kicking, and plyometrics



## **Suspension Training**

**Thursday | 12:10 p.m. | Contact: 989.775.4696**

- A class utilizing the suspension trainer along with other modes to exercise for a great workout



**Saginaw Chippewa Indian Tribe of Michigan**

*"Working Together for Our Future"*

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