



BACK
to **SCHOOL**



BACK
to the **GYM**

Attention Parents!

Or anyone looking to get back into an exercise routine

Here is a challenge for you:

Come to Nimkee Fitness 12 times in the next four weeks

Program starts Monday, Sept. 10

Exercise options:

- 1** Drop off – Drop In (8:30 a.m., M, W, F)
After you drop your kids off, GO to the gym for a class we will be offering for the next four weeks.
- 2** Perform 30 minutes of quality exercise
- 3** Perform the Circuit of the Day
New circuit of the day every M, W, F



**Go to the gym 12x
in four weeks to:**

- WIN a “Nimkee Strong” T-shirt
- AND be eligible to win a \$50 Amazon Gift Card or a \$50 SECR Gift Card

For more information, please contact: Jaden Harman at 989.775.4696 or JHarman@sagchip.org



Saginaw Chippewa Indian Tribe of Michigan

“Working Together for Our Future”

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