

WRM

WALK / *Run* / MOVE



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



Begins Tuesday, Aug. 21 at Nimkee Fitness Center

and will continue every Tuesday & Thursday at 5:15 p.m.

► Every Tuesday

We are taking this class on an adventure, new scenery and trails.

► Every Thursday

Meet at Leonard's Hill to cheer, crawl, walk or run up and down the hill.



Nimkee **Fitness**

For more information and the schedule of where the class will be held, please contact:

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Saginaw Chippewa Indian Tribe of Michigan

"Working Together for Our Future"

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