



# WEIGHT ROOM

## WORKOUTS

# TUESDAYS

5:30 - 7 p.m. | Eagles Nest Tribal Gym

### Equipment to bring:

- Gym shoes
- Gym clothes (no jeans)
- Water bottle

**Ages:** 13-19



For more information, please contact: Jonathan Updegraff at [JUpdegraff@sagchip.org](mailto:JUpdegraff@sagchip.org)



**Saginaw Chippewa Indian Tribe of Michigan**

*"Working Together for Our Future"*

7070 E. Broadway  
Mount Pleasant, MI 48858  
989-775-4000  
[www.sagchip.org](http://www.sagchip.org)