

# ELDERS'

# TIME Class

*Staying fit in your golden years!*

## Tuesdays & Thursdays

10 a.m. | Nimkee Fitness Center

## April 16 - May 9

- ▶ For seniors age 50 and older
- ▶ Working out to Oldies Music
- ▶ With step-by-step instructions by Sharon Peters
- ▶ Prizes and awards to be given out



Nimkee *Fitness*

**To sign up, please contact: Sharon Peters at 989.775.4693 or [SPeters@sagchip.org](mailto:SPeters@sagchip.org)**

*\*If you are a patient at Nimkee Clinic, you are eligible to sign up.*



**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)