



TREAD'N MILES

♥♥♥ For a Healthy Heart ♥♥♥

ATTENTION

Team Competition!

Recognizing Healthy Heart Month

Starting Feb. 16, 2016

at the Nimkee Fitness Center

Competition details:

- Three people per team.
- Miles logged through treadmill walking or running, stationary bikes, rowers, GE classes, ellipticals and stair steppers.
- Soaring Eagle Casino & Resort gift cards awarded to the first place team.
- Other fitness gear awarded to second and third place teams.

For more information, please contact the Nimkee Fitness Center at 989.775.4694



Saginaw Chippewa Indian Tribe of Michigan

"Working Together for Our Future"

7070 E. Broadway
Mount Pleasant, MI 48858
989-775-4000
www.sagchip.org