

## Meet Your Instructors:

**Sharon Peters**– Sharon teaches the Tribal *Aqua Fit* classes held at the Soaring Eagle Resort Pool. *\*This class is only available for Tribal members 50 years and older.\**

**Jaden Harman** — Certified NATA Athletic Trainer & Boot Camp Instructor.

**Jayne Green**— Certified Zumba, AFAA Group Exercise Instructor.

**Tammy Kay**– Certified Yoga Instructor

**Beth Birgy**– Certified Turbo Kick Instructor

## Nimkee Fitness Center Staff

Walt Kennedy: Director

Jaden Harman

Fitness Coordinator / Personal  
Trainer

Jayne Green

Fitness Coordinator / Personal  
Trainer

Sharon Peters

Administrative Assistant

Vanessa Sprague

Fitness Attendant

Arionna Mejia

Fitness Attendant



Nimkee Memorial Fitness Center  
2591 South Leaton Road  
Mt. Pleasant, MI 48858  
Phone: (989) 775-4690 or 4696  
Fax: (989) 775-4659  
Visit us on the Internet at:  
[www.sagchip.org/fitness/index.htm](http://www.sagchip.org/fitness/index.htm)  
Check out our promotional video as well  
on the web site!

## Nimkee Memorial Fitness Center

**FREE** GROUP  
FITNESS

JULY 2017



*“Make Fitness Forever”*



*Saginaw Chippewa  
Indian Tribe of Michigan*

# Nimkee Fitness Center-*Bimaadiziwin*

## Group Exercise Schedule, July 2017

| Times      | Monday                                  | Tuesday                                | Wednesday                            | Thursday                       | Friday                    |
|------------|---|--|--------------------------------------|--------------------------------|---------------------------|
|            |   |  |                                      |                                |                           |
| 8 a.m.     | Aqua Fit<br><i>Sharon</i>               |  | Aqua Fit<br><i>Sharon</i>            |                                | Aqua Fit<br><i>Sharon</i> |
|            |   |  |                                      |                                |                           |
| 12:10 p.m. | Muscle Makin'<br>Monday<br><i>Jaden</i> | Suspension<br>Training<br><i>Jayne</i> | Warrior<br>Wednesday<br><i>Jaden</i> | Drummin' Beats<br><i>Jayne</i> |                           |
| 1:10 p.m.  |   |  | Turbo Kick<br><i>Beth</i>            |                                |                           |
| 5:10p.m.   |   |  |                                      |                                |                           |
| 5:30p.m.   |   | Yoga<br><i>Tammy</i>                   |                                      | Yoga<br><i>Tammy</i>           |                           |

Effective July 1st, 2017