

# LIFE

Lifting • Intervals • Functionality • Endurance

## FITNESS TRAINING

**At the Nimkee Fitness Center**

### NEW “Workout of the Day” Monday, Wednesday & Friday

- Each day there are workouts created for “Beginners” and for “Competitive Athletes.”
- Bringing great variety and a fun challenge every day!



#### **LIFE Class Times:**

- ➡ Monday, Wednesday & Friday at Noon
- ➡ Drop-In to be instructed by Jaden in the workouts

#### **Goal of LIFE Based Fitness Class:**

To build a healthier, fitter, stronger YOU! Ultimately we want to increase your ability to endure anything that may come at you in life.

This can be done by performing a variety of functional movements at an intensity that challenges you to increase your fitness level.

#### **Follow and record your workout daily on the “LIFE Log”:**

[www.sagchip.org/news.aspx?DepartmentName=L.I.F.E+log#.WjpvOVIU\\_OE](http://www.sagchip.org/news.aspx?DepartmentName=L.I.F.E+log#.WjpvOVIU_OE)

**For more information, please contact:** Jaden Harman at 989.775.4694 or [JHarman@sagchip.org](mailto:JHarman@sagchip.org)



**Saginaw Chippewa Indian Tribe of Michigan**

*“Working Together for Our Future”*

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