

Nimkee Fitness Center

QUICK FIT TIP

SEPTEMBER 2016

How do you want to end the last 4 months of 2016? Think back to your goals you set in January or how you thought 2016 would play out. NOW is a great time to get back on track!

Start an exercise routine, try a new class, be encouraged by a personal trainer. Fall is a wonderful time to reassess yourself and your goals.

Call Nimkee Fitness at 775-4690 and set up an appointment or email to find out about all the wonderful opportunities Nimkee Fitness can offer you!

SCIT
RUN
ON THE *Rez*

5K • Kid's Race • 1 Mile Run/Walk

Saturday, Oct. 15, 2016

Registration forms are in the Fitness Center or you can register on the day of.

Hope to see you walk or run on
October 15th!

Healthy Recipe: Black bean and Corn Salad



[CLICK HERE](#)

