

Nimkee Fitness Center

QUICK FIT TIP

OCTOBER 2016

Nimkee Fitness has a new staff member!

Arionna Mejia has joined our fitness team. [CLICK HERE](#) to read more about her and what fit tip she has for you. Come meet her! She works every Monday-Friday 3PM-7PM.



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: Squash Soup



[CLICK HERE](#) for this fall favorite.

