

Nimkee Fitness Center

QUICK FIT TIP

NOVEMBER 2016



We DO!!!! Every November and December it gets really lonely and slow at Nimkee Fitness Center. **BREAK THE TREND:** visit the Fitness Center at least once a week. It will help curb stress and extra pounds accumulated throughout the holiday season :)

Nimkee Fitness is OPEN Monday- Friday 6AM-7PM

We will be **closed** Nov 11: Veterans Day

Nov 24 & 25: Thanksgiving

Healthy Recipe: Cheddar & Apple Sandwich

[CLICK HERE](#) for this easy & quick lunch idea!

