

November/December 2015

NIMKEE FITNESS E-NEWSLETTER

Hours of Operation: Monday-Friday 6am-7pm CLOSED Saturday & Sunday's

OPEN EVERY TUESDAY till 8PM Starting June 2nd

Phone Number: 989-775-4690 Web: www.sagchip.org/fitness/index.htm

Feature Article: Essential Oils by Kelly Willis

Have you ever heard of essential oils? [CLICK HERE](#) to read Kelly Willis article on essential oils and the benefits to your wellness in using essential oils.

Try This: Pull Rope
with
Plates!!



Healthy Tip

The holidays can be a stressful time. Help relieve the stress so you can be your healthiest kindest self by taking some yoga classes, getting a massage or practice some deep breathing/meditation.

Days Closed:

Nov. 11: Veterans Day

Nov. 26 & 27 : Thanksgiving

Dec. 24,25, 31: Christmas/NYE

Healthy Recipe: Classic Butternut

Squash Soup

[CLICK HERE](#)

