



TRIBAL YOUTH FITNESS *Team Challenge*

Two days: October 5 & 15, 2026

Attend one of the days to score points for your team!

10 a.m. - 4 p.m. | Nimkee Fitness Outdoor Fit Park

(2591 S. Leaton Rd., Mt. Pleasant, MI 48858)

**Open to tribal youth (ages 12-17)
from the following schools:**

- Mount Pleasant Middle & High Schools
(Including Odyssey and Oasis)
- Shepherd Middle & High Schools

**Obstacle course/exercise challenge
with the following exercises:**

- Push-ups
- Recline rows
- Chin-ups
- Dips
- Tire flips
- Crunches
- Pyramid run
- Bike lap
- Sled speed push

For more information, please contact:

Seth Pifer at SPifer@sagchip.org or 989-775-4694

FREE!

**TO ENTER AND
PARTICIPATE**



Nimkee **Fitness**



PROJECT
VENTURE



Saginaw Chippewa Indian Tribe of Michigan

"Working Together for Our Future"

7500 Soaring Eagle Blvd.
Mount Pleasant, MI 48858
989-775-4000
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