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*Who – Adults interested in 2015
Fitness Goals/ current and future
Healthy Active Natives (HAN)*



Y

*What - Registration provides options
such as activities on the court, exercise
videos in the game room, strength
conditioning in the weight room, and
heart health in the cardio room or on
the track; showers available in the
locker rooms for AM, lunch, or evening
workouts!!!*



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*Where - Nisqually Youth and
Community Center (NYCC)*

*When – Monday thru Friday
6:15am – 9:45pm;
Saturday and Sunday
11:15am-6:45pm*



**Hours and area access are impacted
by special events, Tribal Holidays, and
approved administration hours*

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*Why - Committing to an exercise program can be a big change
The bottom line is we want to support a healthier you in
2015 as well as the extended future with your families.*