

Fall Fitness Challenge

October, November & December workout with Kareem, Ho'o or Michelle and receive a sticker.

Each month top 3 participants with the most stickers will win a prize.

Kareem: Health, Fitness & Nutrition Coach

Monday-Friday 8 am - 5 pm

Ho'o: ZUMBA® Instructor

Mondays & Wednesdays at 12 & 5 pm

Michelle: Yoga Instructor

Tuesdays 5:15-6:15

In order to receive a sticker you must

check in with one of the three instructors.

Only workouts done with one of them

will count towards the competition.



Open to Nisqually Tribal Members, Nisqually Community Members, and Nisqually Tribal Employees

For more information contact Kareem Gannie at 360-455-5213 ext. 1275