

Nisqually Health, Fitness, & Nutrition

*Come improve your quality of life at the Nisqually Youth
& Community Center with....*



Kareem Gannie, Health Coach

Mondays, Wednesdays, & Fridays

10 am - 7 pm

Tuesdays & Thursdays

6 am - 10 am & 3 pm - 7 pm

Workouts, nutritional guidance, and more.