

SAULT TRIBE HEALTH DIVISION PRESENTS:

Group Flexibility and Step Aerobics Class



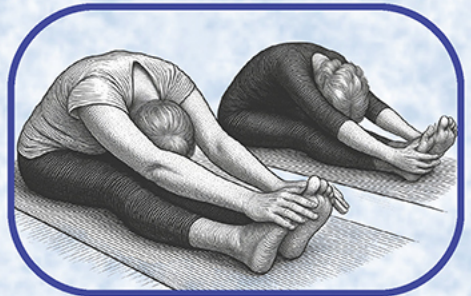
Committed to Giving You Our Very Best

6-week class on Fridays

- May 22, 2026 to June 26, 2026
- 2pm-3pm

Eligibility

- Open to the community
- 18-65 years of age



Location

- McCann Community Center
- 399 McCann St.
St. Ignace, MI 49781



Register

- Sault Tribe Community Health: **906-632-5210**
- 10 participants

WEAR COMFORTABLE LOOSE-FITTING CLOTHING, SECURE FITTING SNEAKERS, AND BRING WATER TO DRINK.

Brought to you by Sault Tribe Community Health's Medical Fitness Program. Supported by the Good Health and Wellness in Indian Country with funding from the Centers of Disease Control and Prevention.