

# N8V Dance Fitness - Fall 2018

**Michelle Reed, instructor**  
(Lac du Flambeau Ojibwe)

**Fridays at 10 a.m.**

**September 21**

**October 5, 12, and 26**

**PEIF - GYM 150 | NMU Campus**

**THIS IS A WORKOUT!!!**

Please bring your own towels and water canisters.

Raffles and prizes!

**Everyone welcome! Sault Tribe members  
are especially encouraged to attend!**

Photo : Fall 2017 N8V Dance Fitness class with Michelle Reed.



N8V Dance Fitness at NMU is presented by the NMU Center for Native American Studies.  
Supported by the Sault Tribe Good Health and Wellness in Indian Country grant.  
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**Need more info? Call 906-227-1397.**

