

# Pow Wow Fitness Classes

*Classes hosted by Alisha Gannie*

**Classes will be Wednesday evenings  
@ 6:00 pm in the NYCC gym**

**Open to Nisqually Tribal and Community Members  
and Employees.**

**For more information contact the HFN staff @ 360-455-5213 or  
[healthfitness@nisqually-nsn.gov](mailto:healthfitness@nisqually-nsn.gov)**