

Health Promotion Activities sponsored by: Diabetes Prevention Team

Tillicum Fitness Center



Reggie Butler Jr.
Physical Fitness Coordinator
Tillicum Fitness Center



Have you been to our fitness center in Siletz?

In Siletz, Tribal members have access to a free gym to help us promote self-care and healthy goals. Our fitness center staff have been with the Tribe for a decade, providing access to fitness equipment, personal training and group classes facilitated with local talent.

They are an integral part of keeping the community healthy and offer more than just the services available in the gym. These staff members support our medical response to COVID-19, provide singers for our ceremonies and events, and provide interactive activities throughout the year focused on fitness and being active.

Currently, the gym is run by Physical Fitness Coordinator and local coach Reggie Butler Jr. Reggie is a Tribal member, singer and drummer, and dedicated coach to our youth. Ronald Butler Jr. is our physical fitness assistant. He is a Tribal member and goes into the local school to work with youth teaching drumming and other physically active cultural activities.

The gym relies heavily on on-call physical fitness staff members Spencer Hatch and Oscar "Gus" Garcia. Both are dedicated Tribal members available at the gym to help with making the gym feel comfortable and accessible.

If you are diabetic or pre-diabetic, and do not live in Siletz with access to our beautiful facility and awesome staff, please email the Diabetes Department at Kimberlyl@ctsi.nsn.us to help find out if you qualify for a gym membership in your area!

Are you pre-diabetic
and trying to start the
new year off with
health goals?

Join a pre-diabetes
group lead by Life
Coaches! If you are
interested and live in
the Salem, Portland,
Eugene or Siletz
service areas,
please email

Kimberlyl@ctsi.nsn.us
or call 541-444-9679.