

MICHIGAN STATE UNIVERSITY  
**INTRAMURAL SPORTS AND RECREATIVE SERVICES**

Division of Vice President of Student Affairs and Services

**Fitness Center and Group Exercise  
 Fall 2009**



GROUP EXERCISE  
 WORKOUTS



Classes will be offered at:

- **IM East - Multi-Purpose Room**
- **IM Circle - Studio 218**
- **IM West – Group Exercise Studio – Room 151**

Exercise class formats can include:

- |                  |                        |                |
|------------------|------------------------|----------------|
| Step Aerobics    | Hi/Lo Aerobics         | Power Yoga     |
| Group Cycling    | Athletic Boot Camp     | Butts and Guts |
| Kickbox Aerobics | Pilates                | Hip Hop        |
| Physioball       | Sculpting with Weights | Tai Chi        |

Not all classes are available at all locations so check them all out! A Schedule of Classes is available at [www.imsports.msu.edu](http://www.imsports.msu.edu) then click on Group Exercise.

**FITNESS  
 CENTER**



**Fitness Centers are available at IM Sports West and IM Sports East** for students, faculty, staff, and alumni. Hours vary by facility and academic calendar breaks, holidays, special events, etc. Visit [www.imsports.msu.edu](http://www.imsports.msu.edu) for up-to-date facility hours.

**IM West**

- 13,000 sq. ft. on two levels
- Free Weights
- 60+ Weight machines
- 50+ pieces of Cardio Equipment including treadmills, elliptical trainers, stationary bikes, stair climbers, rowers
- CD/DVD players on most pieces of cardio

**IM East**

- 4,000 sq. ft. on one level
- Free Weights
- Weight machines
- 30+ pieces of Cardio Equipment including treadmills, elliptical trainers, stationary bikes, stair climbers, rowers
- CD/DVD players on most pieces of cardio

**Fees  
 For Fitness  
 Center and  
 Group  
 Exercise**

FC=Fitness Center  
 Gr Ex=Group Exercise

	<u>Students</u>	<u>Faculty/ Staff</u>	<u>Alumni</u>
Daily (Fitness Center or Group Ex)	\$3.00	\$3.00	\$7.00
1 Semester FC only	\$80.00	\$95.00	-
1 Semester Group Ex only	\$60.00	\$65.00	-
1 Semester FC, Gr Ex & Outdoor Pool	\$120.00	\$135.00	\$195.00
2 Semesters FC only	\$150.00	\$175.00	-
2 Semesters Group Ex only	\$105.00	\$115.00	-
2 Semesters FC, Gr Ex & Outdoor Pool	\$225.00	\$240.00	\$360.00
3 Semesters FC only	\$170.00	\$205.00	-
3 Semesters Group Ex only	n/a	n/a	-
3 Semesters FC, Gr Ex & Outdoor Pool	\$250.00	\$275.00	\$450.00

**IT IS NECESSARY TO HAVE MSU ID TO USE THE IM FACILITIES.**

[www.imsports.msu.edu](http://www.imsports.msu.edu)

# FITNESS ACTIVITIES/FALL 2009/Continued

## PERSONAL TRAINING



For more information or to set up an appointment, call the IM West at 355-5250 or IM East at 353-3136.

**Certified Personal Trainers** can provide you with an individualized fitness program to help you reach your goal including assessment and evaluation, exercise plans for overall better health, sport specific training, goal setting, special event preparation, stress reduction, and more.

	<b>Student, Student Spouse</b>	<b>Faculty / Staff Faculty / Staff Spouse</b>
<b>Fitness Assessment</b>	<b>\$ 30</b>	<b>\$ 40</b>
<b>Personal Training 1 Hour Appointment</b>	<b>\$ 30</b>	<b>\$ 40</b>
<b>Personal Training Package – 5 Hrs</b>	<b>\$ 125</b>	<b>\$ 175</b>

## CHILDREN'S SWIM

This program has been designed for children between the **ages of 3 and 10 years**. Children will have the opportunity to develop, practice and refine swimming skills in a positive water environment. We focus on skill levels I – V:

- Introduction to water skills
- Fundamental aquatic skills
- Stroke development
- Stroke improvement
- Stroke refinement

**Costs:** \$40.00 for MSU affiliate or \$52.00 for the public.  
(\$5.00 off for second child in the same family)

## SWIMMING AND SKILL PROFICIENCY CLASS (Level VI)

Classes are designed for children who pass level V (5) of Learn to Swim. Purpose: To refine strokes so students may swim with ease, efficiency, and endurance. Classes can be taken once or twice a week for 10 weeks and are held in the Jenison Pool.

	<u>MSU Affiliate</u>	<u>Public</u>
<b>Costs:</b> One day a week	\$60.00	\$74.00
Two days a week	\$120.00	\$148.00
	(\$5.00 off second child in the same family)	

## ADULT LEARN TO SWIM

Provides the opportunity for adults to learn and improve aquatic skills.  
**Costs:** \$40.00 for MSU affiliate or \$52.00 for the public.

Please call 355-5250 or go to <http://www.imsports.msu.edu/swim/swimmain.php> for more information on all of our Learn to Swim programs.

## LEARN TO SWIM



Lessons are held in the Jenison pool.

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[www.imsports.msu.edu](http://www.imsports.msu.edu)