



Group Exercise Schedule – Nov 1 – Dec 11, 2009

IM SPORTS CIRCLE

www.imsports.msu.edu

<u>SUN</u>	<u>MON</u>	<u>TUE</u>	<u>WED</u>	<u>THUR</u>	<u>FRI</u>	<u>SAT</u>
		<u>No Classes 11/24</u>	<u>No Classes 11/25</u>	<u>No Classes 11/26</u>	<u>No Classes 11/27</u>	
			6:30 – 7:25a Pilates LeeAnn		6:30 – 7:25a Yoga LeeAnn No Class 11/6, 12/4	
			12:10 – 12:50p Tai Chi Robert No Class 11/10		<p><i>Quote for the Month</i></p> <p>A MASTER CAN TELL YOU WHAT HE EXPECTS OF YOU. A TEACHER, THOUGH, AWAKENS YOUR OWN EXPECTATIONS.</p> <p style="text-align: right;"><i>- Patricia Neal</i></p>	
5:30 – 6:30p Power Yoga Sarah No Class 12/7	5:30 – 6:30p Cardio Kickbox Kristen	5:30 – 6:30p Hip Hop Jenn	5:30 – 6:20p Cardio Yoga Erin	6:40 – 7:45 Power Yoga Sarah		
6:40 – 7:40p Pilates Hannah	6:40 – 7:30p ZUMBA Barrie					

Group Exercise **HALF Semester Unlimited PASS: STUDENT \$30.00 FAC/STAFF \$32.50**
Drop-In PASS \$3.00 per Class