



# Group Exercise Schedule – Nov 1 – Dec 11, 2009

## IM SPORTS **EAST**

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

SUN	MON	TUE	WED	THUR	FRI	SAT
		<b>No Classes 11/24</b>	<b>No Classes 11/25</b>	<b>No Classes 11/26</b>	<b>No Classes 11/27</b>	
		12:40 – 1:30p Pilates Mixed Media Linda		12:10 – 12:50p Sculpting w/ Weights Rebecca No Class 11/5 Last Class 11/19	11:40a – 12:50p Power Yoga Hanna No Class 11/6	
<div style="border: 1px solid black; padding: 5px; margin: 10px auto; width: 80%;"> <p><i>Quote for the Month:</i> Some minds are like concrete -- thoroughly mixed up and permanently set.</p> </div>						
	5:20 – 6:20p Sculpting w/ Weights Rebecca No Class 11/9	5:30 – 6:20p ZUMBA Jesselyn	5:20 – 6:10p Pilates Beth	5:20 – 6:20p Hip Hop Ci'era Last Class 11/19	1:00 – 1:50p Cardio Kickbox Kristen No Class 12/4	
	6:30 – 7:20p Step Tiffany	6:30 – 7:25p Cardio Kickbox Jana	6:20 - 7:45p Intermediate Power Yoga Hanna	6:30 – 7:25p Cardio Kickbox Kelly	2:00 – 2:50p Step Meghan, Katy, PJ Last Class 11/20	
	7:30 – 7:50p Butts and Guts Tiffany	7:30 – 7:50p Butts 'n Guts Jana		7:30 – 7:55p Butts 'n Guts Kelly	3:00 – 3:50p Hip Hop 11-6 Jenn 11-13 Ci'era 11-20 Jenn Last Class 11/20	
	Door Monitor IM East Staff	Door Monitor IM East Staff	Door Monitor IM East Staff	Door Monitor IM East Staff	Door Monitor Mike M. 11:30a – 3:15p	

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