



Group Exercise Schedule – AUG. 25 – SEPT. 19

Classes of interest for **Faculty / Staff**

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>
	<p><u><i>No Classes on Labor Day</i></u></p> <p>12:10 – 12:50p Tai Chi <u>IM Circle</u> Roy</p> <p>5:20 – 6:15p Sculpting w/ Weights <u>IM East</u> Rebecca</p>	<p>6:15 – 7:00a Group Cycling <u>IM West</u> Tom</p> <p>12:10 – 12:50p Healthy Back Pilates <u>IM East</u> Linda Starts Sept 2nd</p> <p>12:10 – 12:50p Pilates ** FREE ** <u>IM Circle</u> Rebecca No Class Sept 16th</p> <p>5:30 – 6:15p Beginner Cycling <u>IM West</u> Scott</p>	<p>12:10 – 12:50p Beginner Cycling <u>IM West</u> Scott</p> <p>6:15 – 7:05p NIA <u>IM East</u> Anna Aug 27th & Sept 3rd</p>	<p>6:15 – 7:00a Group Cycling <u>IM West</u> Tom</p> <p>12:10 – 12:50p Sculpting w/ Weights <u>IM East</u> Rebecca No class Sept 4th</p> <p>5:30 – 6:15p Beginner Cycling <u>IM West</u> Scott</p>	<p>12:10 – 12:50p Pilates Stretch <u>IM East</u> Linda Starts Sept 5th</p> <div data-bbox="1556 797 1919 1162" style="border: 1px solid black; padding: 10px; margin-top: 20px;"> <p><i>Quote for the Month:</i></p> <p>Life is a voyage in which we choose neither the vessel nor the weather. We can do much, however, in the management of the sails and in the guidance of the helm.</p> <p style="text-align: right;">- Anonymous</p> </div>	

These classes were selected from the full schedule because the instructor or the format of the class might appeal to Faculty and Staff. Many more classes are available to all MSU Employees by visiting www.imsports.msu.edu and clicking on Group Exercise.

1 Semester Group Exercise Unlimited PASS: FAC/STAFF \$60.00 Drop-In PASS \$3.00 per Class