



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

## Classes of interest for **Faculty / Staff**

[www.imsports.msu.edu](http://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>
			<b><u>No Classes 11/25</u></b>	<b><u>No Classes 11/26</u></b>	<b><u>No Classes 11/27</u></b>	
		6:15 – 7:00a <b>Group Cycling</b> <u>IM West</u> Tom	6:35 – 7:20a <b>Pilates</b> <u>IM Circle</u> LeeAnn	6:15 – 7:00a <b>Group Cycling</b> <u>IM West</u> Tom	6:35-7:20a <b>Yoga</b> <u>IM Circle</u> LeeAnn No Class 11/6, 12/4	
		12:40 – 1:30p <b>Pilates Mixed Media</b> <u>IM East</u> Linda No Class 11/24	12:10 – 12:50 <b>Tai Chi</b> <u>IM Circle</u> Robert No Class 11/10	12:10 – 12:50p <b>Sculpting w/ Weights</b> <u>IM East</u> Rebecca No Class 11/5 Last Class 11/19	<div style="border: 2px solid green; padding: 10px; text-align: center;"> <p><i>Quote for the Month</i></p> <p><b>Some people, no matter how old they get, never lose their beauty -- they merely move it from their faces into their hearts.</b></p> <p><b>--Max Buxbaum</b></p> </div>	
	5:20 – 6:20p <b>Sculpting w/ Weights</b> <u>IM East</u> Rebecca No Class 11/9	5:30 – 6:15p <b>Beginner Cycling</b> <u>IM West</u> Scott	12:10 – 12:50p <b>Beginner Cycling</b> <u>IM West</u> Scott	5:30 – 6:15p <b>Beginner Cycling</b> <u>IM West</u> Scott		

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

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