



# Group Exercise Schedule – AUG. 25 – SEPT. 19

## IM SPORTS WEST

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<u>SUN</u>	<u>MON</u>	<u>TUE</u>	<u>WED</u>	<u>THUR</u>	<u>FRI</u>	<u>SAT</u>
	<p><u>No Classes on Labor Day</u></p> <p>4:30 – 5:15p Group Cycling Amanda L.</p> <p>5:30 – 6:00p Butts &amp; Guts Amanda L.</p> <p>6:15 – 7:00p Group Cycling Kelly</p> <p>7:10 – 7:55p Beginner Cycling Christine</p> <p>Door Monitor</p>	<p>6:15 - 7:00 am Group Cycling Tom</p> <p>12:45 – 1:30p Group Cycling Rachel</p> <p>4:30 – 5:15p Group Cycling Jake</p> <p>5:30 – 6:15p Beginner Cycling Scott</p> <p>6:25 – 7:25p Power Ride Sheila</p> <p>7:35 – 8:00p All Ab's Sheila</p> <p>Door Monitor Alison L.</p>	<p>12:10 – 12:50p Beginner Cycling Scott</p> <p>4:30 – 5:15p Group Cycling Amanda L.</p> <p>5:30 – 6:00p Butts &amp; Guts Amanda L.</p> <p>6:15 – 7:00p Group Cycling Kelly</p> <p>7:15 – 8:00p Basic Step Britt</p> <p>Door Monitor</p>	<p>6:15 - 7:00 am Group Cycling Tom</p> <p>12:45 – 1:30p Group Cycling Rachel</p> <p>4:30 – 5:15p Group Cycling Christine</p> <p>5:30 – 6:15p Beginner Cycling Scott</p> <p>6:30 – 7:15p Group Cycling Jake</p> <p>Door Monitor Alison L.</p>	<p>6:15 - 7:00 am Group Cycling Tom Starts Sept 5<sup>th</sup></p> <p>12:10 – 12:50p Group Cycling Rotating Instr</p> <div style="border: 1px solid black; padding: 5px;"> <p>8-29 Kelly 9-5 Chrsitine 9-12 Jake 9-19 Shiela 9-26 Rachel</p> </div> <div style="border: 2px solid black; padding: 10px; margin-top: 10px;"> <p><i>Quote for the Month:</i></p> <p>“Knowing is not enough, we must apply. Willing is not enough, we must do.”</p> <p style="text-align: right;">- Johann van Goethe</p> </div>	

1 Semester Group Exercise Unlimited PASS: STUDENT \$55.00 FAC/STAFF \$60.00 Drop-In PASS \$3.00 per Class