



Group Exercise Schedule – Nov 1 – Dec 11, 2009

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>1:00 – 2:30 Power Ride: Group Cycling <u>November 22</u> (only)</p> <p>Ride as long as you like! Jake, Sheila, & Scott will team teach this class.</p>	<p>5:30 – 6:15p Group Cycling Sheila</p> <p>6:30 – 7:00p Butts & Guts Sheila</p> <p>7:10 – 7:55p Group Cycling Kelly Last Class 12/7</p> <p>Door Monitor 5:15 – 8:10p Katelyn</p>	<p>6:15 - 7:00 am Group Cycling Tom</p> <p>5:30 – 6:15p Beginner Cycling Scott</p> <p>6:30 – 7:15p Group Cycling Jake No Class 11/24</p> <p>Door Monitor 5:15 – 7:30p Roland / _____</p>	<p>No Classes 11/25</p> <p>12:10 – 12:50p Beginner Cycling Scott</p> <p>5:30 – 6:15p Group Cycling Sheila</p> <p>6:30 – 7:00p Abs and More Sheila No Class 11/4</p> <p>Door Monitor 5:15 – 7:15p Katelyn</p>	<p>No Classes 11/26</p> <p>6:15 - 7:00 am Group Cycling Tom</p> <p>5:30 – 6:15p Beginner Cycling Scott</p> <p>6:30 – 7:15p Group Cycling Jake</p> <p>Door Monitor 5:15 – 7:15p Kaytee</p>	<p>No Classes 11/27</p> <p>6:15 - 7:00 am Group Cycling Tom</p> <p>12:10 – 12:50p Group Cycling Rotating Instr</p> <p>10-30 Scott 11-6 Kelly 11-13 Jake 11-20 Scott 11-27 No Class 12-4 Sheila 12-11 Jake</p>	
<p style="text-align: center;"><i>Quote for the Month</i></p> <p style="text-align: center;"><i>Do more than belong, participate. Do more than care, help. Do more than believe, practice. Do more than be fair, be kind. Do more than forgive, forget. Do more than dream, work.</i></p> <p style="text-align: center;">- William Arthur Ward</p>						

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