




GROUP EXERCISE SCHEDULE

IM SPORTS EAST June 30-July 25, 2008

<u>SUN</u>	<u>MON</u>	<u>TUE</u>	<u>WED</u>	<u>THUR</u>	<u>FRI</u>	<u>SAT</u>
	<p>4:00 – 5:00 pm Double Step Tiffany & Valerie No class July 21</p> <p>5:20 – 6:15 pm Sculpt w/ Weights Rebecca</p> <p>6:25 – 7:20 pm Cardio Kickbox Jana</p> <p>7:25 – 7:55 pm Butts ‘n Guts Jana</p>	<p>5:20 – 6:15 pm Zumba Michelle</p> <p>6:25 – 7:25 pm Basic Step Tiffany</p>	<p>5:20 – 6:15 pm Hi / Lo Aerobics Valerie No class July 23</p> <p>6:25 – 7:25 pm Basic Yoga Tiffany</p>	<p>12:10 – 12:50 pm Sculpt w/ Weights Rebecca</p> <p>5:20 – 6:15 pm Traditional Pilates Beth</p> <p>6:25 – 7:25 pm Boot Camp Sheila</p>	<p><i>Quote for July ---</i></p> <p>“It is a mistake to assume that we can ever achieve perfection. But it is an even greater mistake to cease trying. Without risk there is neither success nor failure. As Thomas Aquinas observed: If the primary aim of a captain were to preserve his ship, he would keep it in port forever.”</p> <p style="text-align: right;"><i>-- Richard Nixon</i></p> 	
<p>Summer HALF SEMESTER Group Exercise PASS: STUDENT - <u>\$20.00</u> FAC/STAFF - <u>\$20.00</u> Drop-In fee: \$3.00 per class</p> <p style="font-size: 1.2em; color: green;">www.imsports.msu.edu</p>						