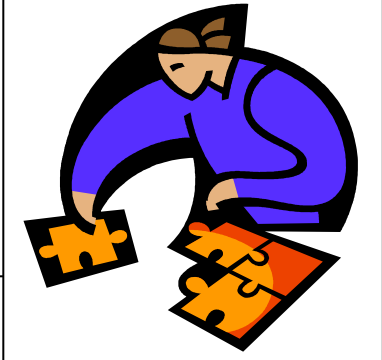




GROUP EXERCISE SCHEDULE

IM SPORTS Faculty / Staff Classes 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>12:10 – 12:50 pm Tai Chi <u>IM Circle</u> Roy</p>		<p>12:10 – 12:50 pm Pilates ** FREE ** <u>IM Circle</u> Rebecca</p> <p>5:30 – 6:15p Beginner Cycling <u>IM West</u> Scott</p>	<p>5:30 – 6:15p Pilates <u>IM East</u> Beth</p>	<p>12:10 – 12:50 pm Sculpt w/ Weights <u>IM East</u> Rebecca</p> <p>5:30 – 6:15p Beginner Cycling <u>IM West</u> Scott</p>		
<p><i>Quote for July --</i></p> <p>“Self pity gets you nowhere. One must have the adventurous daring to accept oneself as a bundle of possibilities and undertake the most interesting game in the world – making the most of one’s best.”</p> <p style="text-align: right;"><i>-- Harry Emerson Fosdick 1878 - 1969</i></p>						