

Group Fitness

Free to current Wellness Center members

- > Abs—T/TH 5:30—6pm Begins 8/24/09
- > Step*—T/TH 4:45—5:25pm
- > Step Circuit*—M/W 12:00 noon
- > Training with Ty—M/W 5—5:45pm Begins 8/31/09
- > Zumba* - T/TH/F—12:00 noon

*Live Well/Work Well classes—students welcome on a stand-by basis once all Live Well/Work Well participants have been admitted to class

Wellness Center hours

M—TH 6am—9pm
Fri 6am—7pm
Sat 9am—2pm
Sun 4pm—9pm

Live Well/Work Well Faculty/Staff classes

Step—T/TH 4:45—5:25p
Step Circuit—M/W 12:00 noon
Zumba—T/TH/F 12:00 noon

FREE

Office of Continuing Education Classes

Zumba—M/W 6—7pm
T/TH 6—7pm
Aug 24-Dec 10

Sat 9:30—10:30am
Aug 29-Sept 19

Fee associated with these classes
Contact Linda McCleese 783-2875

MSU and community
welcome