

Fall 2009

Group Fitness Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
12:10-12:50PM	<i>Step Challenge</i> Laurie	<i>Strength</i> Lindsay	<i>Absolute Cardio</i> Micale	<i>Toning Time</i> Theresa	<i>Instructor's Choice</i> Micale
3:00-4:00 PM	<i>Toning Time</i> Cat	<i>Turbo Kick</i> Nicole	<i>Step</i> Nissi	<i>Power Ball</i> Nicole	
4:00-5:00 PM	<i>Absolute Cycling</i> Jordan *2ND FLOOR PSC	<i>Butts & Guts</i> Nicole	<i>Cycling</i> Theresa *2ND FLOOR PSC	<i>Pilates</i> Lindsay	
5:15-6:15 PM	<i>Latin Cardio Vibes</i> Jordan	<i>Absolute Cardio</i> Laurie *2ND FLOOR PSC	<i>20/20/20</i> Cat	<i>Bootcamp</i> Laurie *2ND FLOOR PSC	
6:30-7:30 PM	<i>Yogalities</i> Lindsay	<i>Bootcamp</i> Theresa	<i>Butts & Guts</i> Lindsay	<i>Latin Cardio Vibes</i> Jordan	
8:00-9:00 PM	<i>Water Aerobics</i> Jordan CLASS RUNS SESSION I 9/14-10/19 NO 10/14 SESSION II 10/26-11/30 NO 11/25 +HSC POOL		<i>Water Aerobics</i> Jordan CLASS RUNS SESSION I 9/14-10/19 NO 10/14 SESSION II 10/26-11/30 NO 11/25 +HSC POOL		

PRICES

Unlimited Classes | \$45.00

15 Class Pass | \$25.00

One Class | \$2.00 {Exact Change}

FREE Week of Group Fitness Classes | August 24-28

➤ *All you need is your MSU Zip Card*

ALL GROUP FITNESS PARTICIPANTS must register online at www.MissouriState.edu/Recreation and pay fees online and stop by the Campus Recreation Office, PSU 131, to pick up of your pass.

➤ Instructors will ONLY be selling \$2.00 passes prior to each class with exact change. You MUST present a valid MSU Zip Card and Group Fitness pass prior to each class. Passes are non-refundable and non-transferable. Schedules are available online or in the Campus Recreation office PSU 131 or PSC Fitness Center.

