

# URec GROUP FITNESS ESSENTIALS

A group fitness pass is required for participation.

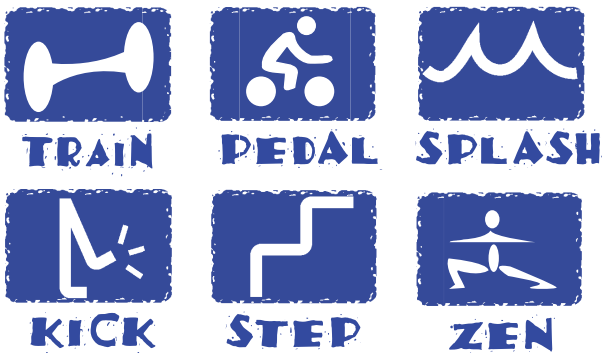
1 Class	\$2.00
8 Classes	\$10.00
24 Classes	\$22.00
Cardio Variety Class Pass*	\$72.00 per semester

\*Pass only valid for Cardio Variety class.

- Purchase passes at the Service Center.
- URec Group Fitness passes are valid through Summer 2009.
- If class participation drops below FIVE participants for TWO weeks, it may be suspended.

- PLEASE NOTE:**
- Cycling classes are limited to the first 15 participants
  - Cycling passes are available at the Service Center ONE hour prior to the start of each cycling class
  - Step classes are limited to the first 40 participants
  - The Cardio Variety class pass is the only pass available for purchase without a URec membership

[www.urec.cmich.edu](http://www.urec.cmich.edu)



# GROUP FITNESS SCHEDULE

UNIVERSITY  
RECREATION

MAY 18TH - AUGUST 6TH, 2009

# GROUP FITNESS CLASS POLICIES

## For your protection:

- **10-minute rule:** Participants may enter a class up to ten minutes after the scheduled start time. Entrance is prohibited after ten minutes to ensure that all participants arrive early enough to become sufficiently warmed up for the vigorous parts of the class. Please respect this rule and the instructor when he/she enforces it.  
\*NOTE: 5-minute rule for cycling classes.
- Please inform the instructor of any special considerations (i.e. pregnancy, injury, illness, etc.) which may influence your ability to take a class - or if you need to leave early.
- Please wear proper footwear and attire. Keds, ballet slippers, slip-on shoes, or inappropriate clothing are not permitted.

## FACILITIES LEGEND

**MAC 1 - Multiple Activity Center 1** (Lower Level in SAC)

**CYCLE - Center Court Cycling Room** (Located by Trackside store)

**ROSE - Rose 134** (Group Fitness Studio - Enter through Rose entrance)

**SAC POOL - SAC Pool**(Lower Level in SAC)

**SCHEDULE EFFECTIVE:** Monday, May 18th -Thursday, August 6th  
No classes on May 25th, May 28th, May 29th and July 3rd.

**DATE LEGEND:** Summer Session I - May 18th-June 25th

Summer Session II - June 29th-August 6th



### MONDAY

5:15 - 6:00pm	Zumba	Meredith	ROSE	I
6:15 - 6:45pm	Butts & Guts	Meredith	ROSE	I
5:30 - 6:30pm	Kickboxing	Natalie	MAC 1	I/II
5:30 - 6:30pm	Aquafit	Laurie	SAC POOL	I/II
7:00 - 8:00pm	PiYo	Laurie	ROSE	I/II

### TUESDAY

7:00 - 7:45am	Cycling	Suzanne	CYCLE	I/II
4:00 - 4:50pm	Yoga for Fitness	Catherine	ROSE	II
5:30 - 6:30pm	Step & Tone	Brianna	ROSE	II
5:30 - 6:30pm	Cardio Variety	Jennifer	MAC 1	I/II
5:30 - 6:30pm	Cycling	Jennifer O.	CYCLE	I/II
7:00 - 8:00pm	Kickboxing	Natalie	MAC 1	I/II
7:00 - 8:00pm	Boot Camp	Todd	ROSE	I/II

### WEDNESDAY

5:15 - 6:00pm	Zumba	Meredith	ROSE	I
6:15 - 6:45pm	Butts & Guts	Meredith	ROSE	I
5:30 - 6:30pm	Cycling	Suzanne	CYCLE	I/II
5:30 - 6:30pm	Kickboxing	Natalie	MAC 1	I/II
5:30 - 6:30pm	Aquafit	Laurie	SAC POOL	I/II
7:00 - 8:00pm	PiYo	Laurie	ROSE	I/II

### THURSDAY

4:00 - 4:50pm	Yoga for Fitness	Catherine	ROSE	II
5:30 - 6:30pm	Step & Tone	Brianna	ROSE	II
5:30 - 6:30pm	Cardio Variety	Jennifer	MAC 1	I/II
5:30 - 6:30pm	Cycling	Jennifer O.	CYCLE	I/II
7:00 - 8:00pm	TurboKick	Laurie	MAC 1	I/II
7:00 - 8:00pm	Yoga	Katy	ROSE	I

### FRIDAY

5:30 - 6:30pm	Cycling	Katy	CYCLE	I
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Instructors may be substituted during special circumstances