### Group Exercise Schedule – Mar 11 – Apr 26, 2013

**IM SPORTS EAST**

[www.recspots.msu.edu](http://www.recspots.msu.edu)

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**SUN**

- No Classes
- Mar 31

- Door Monitor
  - 3:15-5:15p
  - Tierney

- Yoga
  - 4:45-6:00p
  - Sean

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**MON**

- 4:15-5:00p
  - Kettlebell
  - Bryan

- 5:20-6:20p
  - Sculpting w/ Weights
  - Rebecca

- 6:15-7:00p
  - Group Cycling
  - Kelsey C.

- 6:30-7:30p
  - Zumba®
  - Tiffany / Katy

- 7:40-8:40p
  - PiYo Strength™
  - Katy

- Door Monitor
  - 5:00-8:00p
  - Tyler

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**TUE**

- 11:30a – 12:20p
  - Zumba Toning
  - Robin

- 4:10-5:00p
  - Pilates
  - Patti

- 5:20-6:20p
  - Yoga
  - Rebecca

- 6:30-7:30p
  - Cardio Kickbox
  - Jana / Ashley

- Door Monitor
  - 4:00-6:45p
  - Tyler

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**WED**

- 9:00-9:45p
  - Mid Week Body Blast
  - Niki

- 4:10-5:00p
  - Dance Aerobics
  - MacKenzie

- 5:20-6:30p
  - Step/Sculpt 30/30
  - Rebecca

- 6:15-7:00p
  - Group Cycling
  - Kelsey C.

- 6:40 – 7:40p
  - UJAM™
  - Heather

- 7:45-8:30p
  - Ultimate Workout
  - Bee

- Door Monitor
  - 4:00-8:00p
  - Kasey

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**THUR**

- 12:10-12:50p
  - Noon Body Burn
  - Jana

- 4:15-5:15p
  - Yoga for Grad School Students
  - Sean

- 5:30-6:25p
  - Cardio Kickbox
  - Katy

- 6:30 – 6:45p
  - 15 Min Abs
  - Katy / Sammy

- 6:50 – 7:50p
  - Zumba® and Dance Aerobics
  - MacKenzie / Adam

- Door Monitor
  - 5:15-7:15p
  - Alexandra

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**FRI**

- 1:00 – 2:15p
  - Power Yoga
  - Hanna

- 2:30-3:15
  - International Dance 101
  - (see below)

- 3:30 – 4:30p
  - Zumba® and Dance Aerobics
  - MacKenzie / Adam

- 5:00-6:00p
  - Power Yoga
  - Hanna

- Door Monitor
  - 12:45-3:45p
  - Alexandra

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**SAT**

- Door Monitor
  - 5:00-6:00p
  - Tyler

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**Quote for Spring:**

It is not in the still calm of life, that great characters are formed.... The habits of a vigorous mind are formed in contending with difficulties.

*Abigail Adams, 1744 – 1818*

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**Group Exercise HALF Semester Unlimited PASS:**

- STUDENT $35.00
- FAC/STAFF $37.50

**Drop-In PASS $3.00 per Class**

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**International Dance 101**

- Apr 5
  - Tango
  - Dan
- Apr 12
  - ChaCha
  - Dan
- Apr 19
  - Waltz
  - Dan
- Apr 26