








RECREATIONAL SPORTS
AND FITNESS SERVICES

Group Exercise Schedule

Dec 18, 2011 – Jan 8, 2012

Rec Sports – ALL BUILDINGS

<u>SUN</u>	<u>MON</u>	<u>TUE</u>	<u>WED</u>	<u>THUR</u>	<u>FRI</u>	<u>SAT</u>
   		<p>Dec 20, 2011 Dec 27, 2011 Jan 3, 2012</p> <p>5:30 – 6:15p Group Cycling IM West Scott</p>		<p>Dec 22, 2011 Dec 29, 2011 Jan 5, 2012</p> <p>5:30 – 6:15p Group Cycling IM West Tom</p>	 <p><i>Quote for the Holidays:</i></p> <p>The best way to cheer yourself up is to cheer somebody else up.</p> <p>-Mark Twain</p>	

These classes are FREE to faculty / staff / students over the Holiday Break.
 A valid MSU ID is needed to enter the building. Cycling Studio is Rm 151 in IM West, first come first served.
 Work at your own pace in class and **Get Ready for the MSU Moves Me 2012 Challenge!**
 Go to <http://sourcelive.wordpress.com/> for more information about the class.

Detailed information about the **MSU Moves Me 2012 Challenge** and how to register is available at: <http://msumoves.msu.edu/MSUMovesChallengeOverview.html>.