

September 2013

MSU Wellness Center Group Fitness Classes

Sun	Mon	Tues	Wed	Thurs	Fri	Sat	
1	2 LABOR DAY No Classes	3 5:45am Cycle Circuit 6:30am Cycle	4 5:45am RIP 4:15pm Cycle Circuit	5 5:45am Cardio Mix 6:30am Cycle Circuit	6 5:45am RIP	7	
8	9 5:45am RIP 4:15pm RIP	10 5:45am Cycle Circuit 6:30am Cycle	11 5:45am RIP 4:15pm Cycle Circuit	12 5:45am Cardio Mix 6:30am Cycle Circuit	13 5:45am RIP	14	
15	16 5:45am RIP 4:15pm RIP	17 5:45am Cycle Circuit 6:30am Cycle	18 5:45am RIP 4:15pm Cycle Circuit	19 5:45am Cardio Mix 6:45am Cycle Circuit	20 5:45am RIP	21	
22	23 5:45am RIP 4:15pm RIP	24 5:45am Cycle Circuit 6:30am Cycle	25 5:45am RIP 4:15pm Cycle Circuit	26 5:45am Cardio Mix 6:30am Cycle Circuit	27 5:45am RIP	28	
29	30 5:45am RIP 4:15pm RIP	<div style="border: 2px solid black; padding: 10px; width: fit-content; margin: 0 auto;"> <p>We will be adding more classes on our October Schedule! Now is time to make your request for class time/type of class – leave a note at the front desk or in comment box!</p> </div>					