

APRIL 2014

MSU Wellness Center Group Fitness Classes

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	31 5:45am Step Circuit 8:30am Water Exercise (pool) 5:00pm Water Exercise (pool)	1 5:45am RIP 4:30pm Step Circuit	2 5:45am Cycle Circuit 8:30am Water Exercise (pool) 4:30pm Core Strength 5:00pm Water Exercise (pool)	3 5:45am RIP 4:30pm Group Strength 5:30pm Cycle Xpress 6:00pm Yoga Flow	4 5:45am Power Step	5
6	7 5:45am Step Circuit 8:30am Water Exercise (pool) 4:00pm Cycle Xpress 4:30pm Core Strength 5:15pm RIP 5:00pm Water Exercise (pool)	8 5:45am RIP 4:30pm Step Circuit 5:30pm Cycle Xpress 6:00pm Yoga Flow	9 5:45am Cycle Circuit 4:00pm Cycle Xpress 4:30pm Core Strength 5:15pm RIP	10 5:45am RIP 4:30pm Group Strength 5:30pm Cycle Xpress 6:00pm Yoga Flow	11 5:45am Power Step	12
13	14 5:45am Step Circuit 8:30am Water Exercise (pool) 4:00pm Cycle Xpress 4:30pm Core Strength 5:15pm RIP 5:00pm Water Exercise (pool)	15 5:45am RIP 4:30pm Step Circuit 5:30pm Cycle Xpress 6:00pm Yoga Flow	16 5:45am Cycle Circuit 8:30am Water Exercise (pool) 4:00pm Cycle Xpress 4:30pm Core Strength 5:15pm RIP 5:00pm Water Exercise (pool)	17 5:45am RIP 4:30pm Group Strength 5:30pm Cycle Xpress 6:00pm Yoga Flow	18 GOOD FRIDAY NO CLASS	19
20	21 5:45am Step Circuit 8:30am Water Exercise (pool) 4:00pm Cycle Xpress 4:30pm Core Strength 5:15pm RIP 5:00pm Water Exercise (pool)	22 5:45am RIP 4:30pm Step Circuit 5:30pm Cycle Xpress 6:00pm Yoga Flow	23 5:45am Cycle Circuit 8:30am Water Exercise (pool) 4:00pm Cycle Xpress 4:30pm Core Strength 5:15pm RIP 5:00pm Water Exercise (pool)	24 5:45am RIP 4:30pm Group Strength 5:30pm Cycle Xpress 6:00pm Yoga Flow	25 5:45am Power Step	26
27	28 5:45am Step Circuit 8:30am Water Exercise (pool) 4:00pm Cycle Xpress 4:30pm Core Strength 5:15pm RIP 5:00pm Water Exercise (pool)	29 5:45am RIP 4:30pm Step Circuit 5:30pm Cycle Xpress 6:00pm Yoga Flow	30 5:45am Cycle Circuit 8:30am Water Exercise (pool) 4:00pm Cycle Xpress 4:30pm Core Strength 5:15pm RIP 5:00pm Water Exercise (pool)			