



Circuit Training

Fleming Staff Only

If you are looking for variety, look no further!
This class will combine strength conditioning and
cardiovascular exercises in a fun circuit format.
Equipment will be provided.

When: Thursdays from 5:15 - 6 p.m.
(class # 13101- 02)

Or

Fridays from 12:15 - 1p.m.
(class # 13101-03)

Where: Fleming Fitness Room

Cost: \$40 each (includes U-M discount)

Registration begins December 5 at 8 a.m.

at www.mhealthy.umich.edu/programs/activity/classes/reg_info.html

Classes begin January 5, 2012

FOR MORE INFORMATION:

Call: 734-647-7888 (Dial all 7-digits)

Email: mhealthy@umich.edu



mhealthy.umich.edu/exercise