



Have a **Heart** & **Exercise**

February 14, 2011

MHealthy Monday classes will cost one class less than the others. When Monday class members come in on Feb. 14, we will ask for donations that will go directly to the UM Cardiovascular Center.

In the evening (schedule below) UMove Fitness and MHealthy will combine to teach some drop in exercise classes at the CCRB for donations that will also go to the CVC.



4:00 p.m. - Zumba
5:00 p.m. - Turbokick
6:00 p.m. - Bootcamp
7:00 p.m. - Yoga

These classes are open (no registration required) to UM students, faculty/staff and others affiliated with the UM. Those without Rec Sports membership will be allowed to enter the building for the class only.

Brought to you by MHealthy, UMove Fitness and RecSports

All proceeds go to the CVC's "Heart of Gold Fund."

FOR MORE INFORMATION:

Call: 734-975-3024 (Dial all 7-digits)

Email: mhealthy@umich.edu



www.mhealthy.umich.edu/exercise