



# **MHealthy Equipment Orientations**

## **for Fleming's Fitness Room**

**May 20th**

**GROUP ORIENTATIONS:**

12:00 - 12:15 p.m. - Cardio equipment

12:30 - 12:45 p.m. - Small hand weights

12:15 - 12:30 p.m. - Weight machines

12:45 - 1:00 p.m. - Stability ball

**INDIVIDUAL DROP IN:**

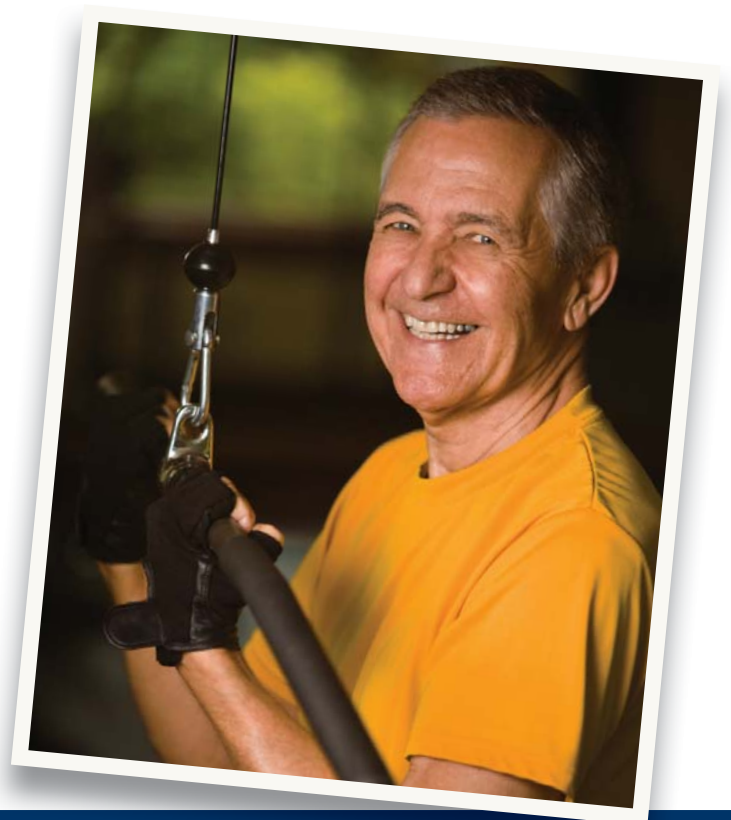
10 a.m. - 12 p.m. and 1 - 3 p.m.

**No appointment needed!**

**For more information:**

**Email:** [cmgi@umich.edu](mailto:cmgi@umich.edu)

**Call:** 975-3056



**[www.mhealthy.umich.edu](http://www.mhealthy.umich.edu)**