



Exercise & Relaxation Classes

Spring/Summer 2013

Motivating classes taught by some of the area's best instructors!

Spring/Summer Class Information:

- Registration starts April 1, 2013
- Classes run May 2 - August 14, 2013
- All U-M employees receive a \$10 discount per class/section (Spinning, and 15-Visit Punch Cards are not included.)

Classes Include:

- Body Sculpting
- Spinning
- Yoga
- Tai Chi
- Pilates
- Zumba
- Many More!

FOR MORE INFORMATION:

Call: 734-647-7888

Email: mhealthy@umich.edu



mhealthy.umich.edu/exercise