Summer Dollar Days!
May 13-18, 2019
Try A Class For Only $2

Monday, May 13
6:00am Morning Flow Yoga (45 min)
12:00pm Buti Yoga
5:15pm Zumba

Tuesday, May 14
6:00am Metabolic Conditioning
11:00am Gentle Yoga
12:00pm All Levels Yoga
4:15pm Hatha Yoga
5:15pm Zumba

Wednesday, May 15
6:00am Spin Strong*
11:00am Tai Chi Practice
12:00pm TRX + Total Body Conditioning*
4:15pm STRONG by Zumba

Wednesday, May 15 (cont’d)
5:15pm Zumba Toning*
6:15pm Yoga Stretch

Thursday, May 16
6:00am Metabolic Conditioning
9:00am Buti Yoga (75 min)
11:00am Gentle Yoga
12:00pm All Levels Yoga
5:15pm POUND*
5:30pm Aqua Zumba (SDC Pool)

Wednesday, May 15 (cont’d)
5:15pm Zumba Toning*
6:15pm Yoga Stretch

Friday, May 17
6:00am Morning Flow Yoga (45 min)

Saturday, May 18
10:00am Tone & Strength Yoga

All classes are held in the Fitness Studio (2nd floor) and are 50 minutes unless otherwise noted. Pay at the SDC Ticket Office and bring receipt to class! (6AM classes pay at the Studio.)

*Seating limited! Purchase your Dollar Days tickets in advance.*

Regular Summer Programming Begins May 20
Punch Cards ✦ Full Session ✦ Day Passes ✦ Ultimate HuskiesFit Semester Punch Card

#CommitToBeFit  www.MichiganTechRecreation.com  #HealthyHuskies

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4/4/2019