



Gillett Recreation-Fitness Group Fitness Classes

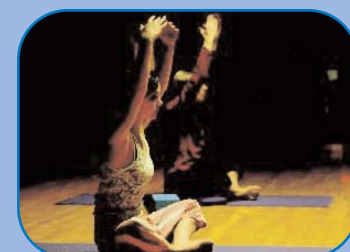
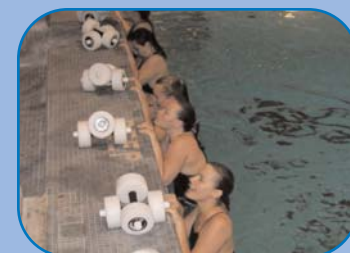
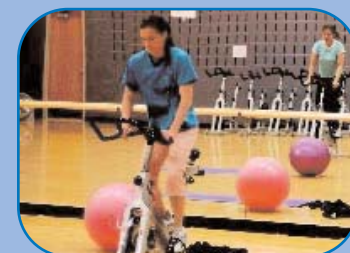
Fall Semester 2009, 8/31/09 - 12/11/09

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6:15-7:15am	6:15-7:00am	6:15-7:15am		
	3-B - Linsey	Cycling - Ali	Mix it Up - Linsey		
12:05-12:50pm	12:15-12:45pm	12:05-12:50pm	12:15-12:45pm	12:05-12:50pm	12:15-12:45pm
CORE - Andrew	ABS - Andrew	CORE - Andrew	ABS - Andrew	CORE - Andrew	ABS - Andrew
		3:30pm-4:00pm	3:30pm-4:30pm		
		Basic Stretching - Bobbi	Jump it, Pump it Cheryl		
4:30pm-5:00pm	4:30pm-5:00pm				
ABS - Ella	ABS - Cheryl				
5:00pm-6:00pm		5:00pm-6:00pm	5:00pm-5:30pm		
YOGA - Sharon		YOGA - Sharon	Basic Stretching Bobbi		
6:15pm-7:15pm	6:15pm-7:15pm	6:15pm-7:15pm	6:15pm-7:15pm	6:15pm-7:15pm	
Kettlebell - Chad	Stretching & Toning Ella	Kettlebell - Chad	Beginner Kettlebell Chad	Kettlebell - Chad	

FEES:

Members: \$30
 Non-Members: \$50
 Students: \$15
 Individual Visit: \$7

First Class is Free



Contact 218-755-4135 for more info or check us out online at www.bemidjistate.edu/students/recreation/