

MSUB Employee Fitness Classes

Fall 2009

YOGA -Main campus

Instructor: Debbie Farmer

Wednesdays 5:30-6:30pm Beartooth room in the SUB

Fee: \$35

Begins September 9 through December 16

YOGA - COT

Instructor: Debbie Farmer

Tuesdays 5:30-6:30pm COT room Library

Fee: \$35

Begins September 15 through December 15

PILATES - Main campus

Instructor: Carol Rohr

Tuesdays and Thursdays 12:10-12:40pm

Main gym in the PE building

**** Fee: \$35

Begins September 15 through December 17

WATER AEROBICS - Main campus

Instructor: Laurie Murphy

Tuesdays and Thursdays 5:15-6:00pm in the MSUB pool

**** Fee \$60

Begins September 15 through December 17

ZUMBA - Main campus

Instructor: Sue Fletcher

Tuesdays 5:30-6:30pm Banquet Room A

Fee: \$35

Begins September 22 through December 15

Family and friends welcome

Please pay in full the first week of the fitness class.

Make checks payable to "MSUB Wellness"

and send campus mail to:

Janet Simon, Human Resources - 310 McMullen Hall

******The MSUB PE Center requires that you pay the PE facility user fee if you attend a class in the PE building. Passes are paid per semester or year. Passes can be purchased at the Rec. Center desk. This Pass allows you to use all of the facility!**

**Questions? Call/email Janet Simon in Employee Wellness
jsimon@msubillings.edu or 657-2221**