

Revised  
6/03/09

ASMSU Recreational Sports and Fitness  
**Summer Semester 2009**  
**May 18 – August 7, 2009**

Visit our website @ [www.montana.edu/getfit](http://www.montana.edu/getfit)

All instructors are certified in both Fitness Class Instructor and CPR/AED

<b>Time &amp; Location</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
7:30 am	<b>Yoga</b> Group Fit. 1		<b>Yoga</b> Group Fit. 2		
12:00 Noon Group Fit. 1	<b>Zumba Strength</b>	<b>Yoga</b>	<b>Max Core</b>	<b>Yoga</b>	<b>Step and Sculpt</b>
12:00 Noon Group Fit. 2		<b>Spinning</b>		<b>Spinning</b>	
5:00 pm	<b>Spinning</b> Group Fit. 2		<b>Pilates</b> Group Fit. 1		

**Aerobic Staff:** Linda Brawner, Kelly Crosby, Minde Erickson, Patty Inskeep, Cybil Kunze, Diane Walker, Kim Weisert.

***PURCHASE PASSES IN 120 Hosaeus Fitness Center, (\$30/Semester)***

***STUDENTS MUST HAVE VALID ONE-CARD***

***(NOTICE: Classes may be cancelled if attendance is too low)***