

RSOP Group Fitness Schedule

Summer 2009 June 8 - August 14

Monday

Cardio Blast
Noon - 1:00
Laura

Tuesday

Cardio Blast
Noon - 1:00
Trista

Wednesday

Cardio Blast
Noon - 1:00
Laura

Thursday

Cardio Blast
Noon - 1:00
Trista

Cardio Blast - Combined cardio exercises - hi/low, step and Bosu work.

Summer Group Fitness

The group fitness program is for both UMD folks and community. **Summer Classes start June 8, 2009** and continue to **August 14**. All of our instructors are nationally certified and highly motivated.

A Group Fitness Pass is required for participation. Passes can be purchased in SpHC 153.

\$35 Faculty, Students and Staff
\$45 Community Members

Classes meet in SpHC (Gold room)
No Refunds. \$5 fee for lost passes.



Massage

We offer athletic, deep tissue and relaxation massage during open hours. Call for an appointment.

Cost: \$30 for 1/2 hour / \$60 for 1 hour (\$45 for students)

Personal Training

Looking for instruction on how to lose that extra 10 pounds, or are you just wanting to get back into shape? Hire one of our certified trainers and make it happen.

Cost: \$20 Fee Paying Students and Facility Pass Holders / \$30 All Others



For more information call: **218.726.7128** or visit our website at **www.umdrsop.org**

