



Employee  
Wellness  
Program

*Health Promotion Division*

# Fall Exercise & Relaxation Classes

**September 4 - December 12, 2008**

Registration begins August 4, 2008

All UM employees receive a \$10 discount per class\*

Motivating classes taught by some of the area's best instructors!



- Body Sculpting
- Spinning
- Step Aerobics
- Yoga
- Pilates
- Zumba
- Laughter Yoga
- Pre & Post Natal
- Many More!

**For class schedule and complete registration info:**

**Visit:** [www.med.umich.edu/mfit/employee](http://www.med.umich.edu/mfit/employee)

**Call:** 975-3024

**Visit:** The Health & Wellness Resource Center (2C223 UH)

\*Discounts do not apply for spinning classes

