



Employee
Wellness
Program

Health Promotion Division

Summer Exercise & Relaxation Classes

May 1 - August 13, 2008

Registration begins March 31, 2008

Discounts apply for UMHS employees

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



- Body Sculpting
- Spinning
- Step Aerobics
- Yoga
- Tai Chi
- Pilates
- Zumba
- Laughter Yoga
- Many More!

For class schedule and complete registration info:

Visit: www.med.umich.edu/mfit/employee

Call: 975-3024

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