Monday:  Core Challenge (12:10-12:50pm)  
Core, Yoga, Pilates and other exercises will be used to challenge muscles in your midsection that you never knew you had. Equipment such as BOSU, Swiss and medicine balls, or resistance bands may be used.

Body Conditioning (6:00-7:00pm) Total body conditioning with nothing being off limits. Classes may consist of circuits, sports drills, weight training, BOSU, FreeMotion and/or anything else your instructor can think of!

Tuesday:  Body Conditioning (12:10-12:50pm) Total body conditioning with nothing being off limits. Classes may consist of circuits, sports drills, weight training, BOSU, FreeMotion and/or anything else your instructor can think of!

Wednesday:  Spinning (12:10-12:50) All levels of cyclists, from novice to experienced road racers, are welcome to join us. Instructors will incorporate the use of a heart rate monitor to better improve your performance in class and to truly help you work at your own level. Be sure to remember your towel and water bottle.

Thursday:  Body Conditioning (12:10-12:50pm) Total body conditioning with nothing being off limits. Classes may consist of circuits, sports drills, weight training, BOSU, FreeMotion and/or anything else your instructor can think of!

Friday:  Circuit Training (12:10-12:50pm) This class is a combination of high intensity aerobic and resistance training, designed to challenge every muscle in your body. Join in to improve your cardiovascular endurance, muscular strength, and flexibility.

*Cost: $10/week pass. Pro-rating available  
*cost covers unlimited access to the Health 4 U classes only  
For more information about the Health 4 U class offerings, please contact Steve O'Rourke, Fitness Manager, at uclubfit@msu.edu or call (517) 353-5113