

# Hillsdale College Sports Complex 2008-2009 Fitness Program

*-air conditioned studio-*

## Tuesdays & Thursdays

**9:05-9:50 a.m. Indoor Cycling**  
**12:05-12:50 p.m. Indoor Cycling**  
**5:15-6:00 p.m. Indoor Cycling**  
**6:00-6:45 p.m. Mat Pilates**

**Session I September 2 - 25**

**Session II October 2 - October 30 (no classes 10/9)**

**Session III November 6 – December 4 (no classes 11/27)**

**Session V January 15 – February 10**

**Session VI February 17 – March 12**

**Session VII April 2 – April 28**

**Session VI June 23 – July 17 Group Personal Training Camps TBA**

*Personal Training Available By Appointment @ \$30/Hour (Members Only)*

**Instructor: Alesia Aumock, AFAA Certified Personal Trainer  
(517) 607-3170**

**alesia.aumock@hillsdale.edu**

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**Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Phone:** \_\_\_\_\_

**Bring:**

**Shoes**

**Water Bottle**

**Towel**

(Check One)

\_\_\_\_\_ **Member: \$30/Session/Class**

\_\_\_\_\_ **Guest: \$60/Session/Class**

(Circle One)

**Session# I II III**

**IV V VI VII**

