

# Hillsdale College

## Sports Complex

### *2008 Summer Fitness Camp*

*\*air conditioned exercise studio*

Ages 16-Up

Medical Clearance Required

*June 9th - August 8th*

(no classes 6/30 - 7/3)

#### Mondays & Wednesdays

9:30-10:15 a.m. Indoor Cycling

10:15-11:00 a.m. Mat Pilates

5:30-6:15 p.m. Step/Kickbox Circuit

6:15-7:00 p.m. Mat Pilates

#### Tuesdays & Thursdays

9:30-10:15 a.m. Indoor Cycling

10:15-11:00 a.m. Strength Circuit

5:30-6:15 p.m. Indoor Cycling

6:15-7:00 p.m. Water Aerobics

**CAMP FEES: Members \$ 50**

**Guests \$100**

*Camp Fees Include: One Indoor Cycling Class*

*(ie. TTH 9:30-10:15 a.m.)*

*and all other fitness classes.*

**Instructor: Alesia Aumock, AFAA Personal Trainer**

**(517) 607-3170**

**[alesia.aumock@hillsdale.edu](mailto:alesia.aumock@hillsdale.edu)**

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

(limit 12)

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

a.m. (limit 12)

\_\_\_\_\_  
(limit 12)

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

Indoor Cycling MW 9:30 a.m.

Select One TTH 9:30

(circle) TTH 5:30 p.m.

**Bring:** Workout Shoes, Water Bottle,

Towel &

Member: \$50

Guest: \$100

Proof of Medical

Clearance

*Make checks payable to: Hillsdale College Fitness*

*Program*