



**Hillsdale College
Sports Complex
Fitness Program**
~ Established 1989 ~



Sept. 2–29/Oct. 5-29/*Nov. 2-24/*Dec. 1-14

(no classes October 15th)

(no evening classes November 24th)

HC Fitness Program

Mondays & Wednesdays

6:00 p.m. Boot Camp Circuit

Tuesdays & Thursdays

9:00 a.m. Pilatesstick

12 Noon Cycle & Sculpt

***4:00 p.m. Cycle & Sculpt**

***5:15 p.m. Cardio Kickbox/Pilates**

Session Fee Includes 2 classes/week:

December=50% OFF

Students=Free

Members=\$20/Month

Guests=\$35/Month

Personal Training=\$30/Hour Private

\$50/Hour Buddy

\$60/Hour Triple

Alesia Aumock (517) 607-3170 alesia.aumock@hillsdale.edu

AFAA Certified Personal Trainer/Group Fitness Instructor

