

CHOOSE YOUR WAY TO WELL-BEING

SPRING/SUMMER EXERCISE & RELAXATION CLASSES

Classes run May 8 - August 20, 2017

Motivating classes get you moving, energized, and stressing less! Taught by some of the area's best instructors.

- Yoga
- High Intensity Interval Training (HIIT)
- Boot camp
- Zumba
- Strength Training
- Spinning
- Many more!



MHealthy.umich.edu/exercise