HOST YOUR OWN
FITNESS CLASS
IN-PERSON or ZOOM!

RecSports can arrange a single class or a series of classes.

In-person Classes held on campus in East Lansing.

ZOOM Classes can include members of your group from anywhere across the country!!

$45.00 per class includes all participants and saves you money.

RecSports Instructors can bring Fitness to you!

Classes like Zumba, Groove Yoga, Pilates, H.I.I.T., Indoor Cycling, and Cardio Kickbox can be arranged for your group, residence hall/floor, sorority, fraternity, club, or just a group of friends! Great for a social event or as a component of team training.

In-Person Indoor Cycling = 30 Participants max (available at IM West only)
All Other In-Person Classes = 45 Participants max
ZOOM Class = 300 Participants max

Great for team building & FUN!

You can create a series of different classes over the course of the semester, too! Schedule a class once per week, once per month, as part of a special event, and more!

Contact
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