



# HOST YOUR OWN FITNESS CLASS IN-PERSON OR ZOOM!

**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!

**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.**



**RECREATIONAL SPORTS  
AND FITNESS SERVICES**

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