

# SPRING INTO SHAPE

with Ross Collins' special workout program at the NDSUComm fitness center

You too can be a slim student instead of a bulbous Bison! Just pick the class you want. Throughout the semester our trained aerobics staff of NDSU students want to see you movin' and shakin.' All you have to do is be there in tennies and sweats. Look better. Feel better. Think better...

## Tuesday Evening, 5:00

T-1	Beginning Stretches	IACC 132
T-2	Beginning Aerobics	Cafeteria
T-3	Tae Kwon Do	Minard 201
T-4	Low-Impact Aerobics	Minard 321

## Wednesday Evening, 5:30

W-1	Beginning Aerobics	IACC 150A
W-2	Jazzercise	Spectrum
W-3	Advanced Aerobics	Minard 221

## Thursday Morning, 8:00

Th-1	Low-Impact Aerobics	Minard 321
Th-2	Advanced Aerobics	IACC 150A

## Thursday Noon, 12:00

Th-3:	Yoga (all levels)	NDSU Mall
Th-4	Beginning Aerobics	Minard 321
Th-5	Jazzercise	Spectrum
Th-6	Advanced Aerobics	Bison Turf

To register for the Ross Collins special workout program, fill in the following information and return to Minard 321A by Feb. 21

Yes, I do want to spring into shape and this  is the class I want to take.

Name \_\_\_\_\_ Department \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_