

Jumpstart your Fitness this fall with '40 4 U'

Join the staff of Spartan Performance for YOUR LUNCHTIME FILL UP!

Whether you are looking for a new twist to the daily routine or are just starting on your fitness journey, our trainers will ensure you get the most out of each class. 40 4 U will educate individuals on the importance of leading a healthy lifestyle through resistance training. We want you to get out of your chair, be active at lunch and feel great the rest of your day! Classes are Tuesdays and Thursdays, and meet from 12:10pm - 12:50pm, providing 40 minutes of exercise each class.



Where: MSU Rehabilitation/ Spartan Performance
4660 S. Hagadorn Rd Suite 400, East Lansing 517.355.7648

When: Tuesdays and Thursdays from 12:10p -12:50p, Sept. 18 thru Oct. 11

Cost: \$80 for eight classes- class size is limited so sign up today!

Focus: For employees to be active during their lunch break

Register: <http://tiny.cc/MSU404U>



Resistance training and daily exercise has many benefits:

- ✓ Improved sleep quality
- ✓ Increased energy levels
- ✓ Reduced likelihood of injury
- ✓ Minimize risk of falls as we age
- ✓ Relieved aches and pains
- ✓ Improved posture
- ✓ Increased bone density



We took the time to create classes tailored to improving your overall fitness, so you can take the time to become a better you!