



**SCHOOL OF KINESIOLOGY
LIFETIME FITNESS
UNIVERSITY OF MICHIGAN**

May 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<i>1LTF</i>	<i>2Yoga</i>	<i>3LTF</i>	<i>4Zumb</i>	<i>5LTF</i>	<i>6LTF</i>
<i>7</i>	<i>8LTF</i>	<i>9Yoga</i>	<i>10LTF</i>	<i>11Zum</i>	<i>12LTF</i>	<i>13Yoga</i>
<i>14</i>	<i>15LTF</i>	<i>16Yoga</i>	<i>17LTF</i>	<i>18Zum</i>	<i>19LTF</i>	<i>20Aero</i>
<i>21</i>	<i>22LTF</i>	<i>23Yoga</i>	<i>24LTF</i>	<i>25Zum</i>	<i>26LTF</i>	<i>27Yoga</i>
<i>28</i>	<i>29NO</i>	<i>30Yoga</i>	<i>31LTF</i>			

June 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				<i>1Zumb</i>	<i>2LTF</i>	<i>3LTF</i>
<i>4</i>	<i>5LTF</i>	<i>6Yoga</i>	<i>7LTF</i>	<i>8Zumb</i>	<i>9LTF</i>	<i>10Yoga</i>
<i>11</i>	<i>12LTF</i>	<i>13Yoga</i>	<i>14LTF</i>	<i>15Zum</i>	<i>16LTF</i>	<i>17Aero</i>
<i>18</i>	<i>19LTF</i>	<i>20Yoga</i>	<i>21LTF</i>	<i>22Zum</i>	<i>23LTF</i>	<i>24Yoga</i>
<i>25</i>	<i>26LTF</i>	<i>27Yoga</i>	<i>28LTF</i>	<i>29Zum</i>	<i>30LTF</i>	

Your Instructors Peter, Gary and Jerry wish to thank you for your continued support of your exercise program. Knowing that this class helps your quality of life really motivates us to keep working for you and your exercise health.



Linda's Oven Roasted Asparagus



"Salty and savory, the roasting method kills the natural bitterness of asparagus. Try it next to grilled fish or lamb."

Ingredients

- 1 bunch thin asparagus spears, trimmed
- 3 tablespoons olive oil
- 1 1/2 tablespoons grated Parmesan cheese (optional)
- 1 clove garlic, minced (optional)
- 1 teaspoon sea salt
- 1/2 teaspoon ground black pepper
- 1 tablespoon lemon juice (optional)

Directions

1. Preheat an oven to 425 degrees F (220 degrees C).
2. Place the asparagus into a mixing bowl, and drizzle with the olive oil. Toss to coat the spears, then sprinkle with Parmesan cheese, garlic, salt, and pepper. Arrange the asparagus onto a baking sheet in a single layer.
3. Bake in the preheated oven until just tender, 12 to 15 minutes depending on thickness. Sprinkle with lemon juice just before serving.

Cowboy Tacos

Ingredients

- 1 pound ground pork
- 1 (1.25 ounce) package taco seasoning mix
- 1 tablespoon vegetable oil
- 1 cup chunky salsa
- 1 (16 ounce) can chili beans, undrained
- 1/3 cup apricot preserves
- 12 taco shells
- 1 (10 ounce) can sliced ripe olives, for topping
- Shredded lettuce, chopped tomatoes, scallions or any favorite taco toppings

Directions

1. In a large resealable bag, toss pork meat with the taco seasoning mix until coated. Heat oil in a skillet over medium-high heat. Fry the seasoned pork in the hot oil, stirring occasionally until pork is no longer pink.
2. Stir the beans, salsa and apricot preserves into the skillet with the pork. Reduce heat to low, and simmer until heated through, about 10 minutes.
3. Spoon 1/3 cup of the pork mixture into each taco shell, and top with sliced olives and toppings.


SCHOOL OF KINESIOLOGY
LIFETIME FITNESS **LIFETIME FITNESS APPAREL ORDER FORM**

Name _____

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E-Mail _____

Circles Your Choice(s)

Short Sleeve T-Shirt (\$10)	S	M	L	XL	XXL (Add \$2)
<u>Color</u>	Blue				

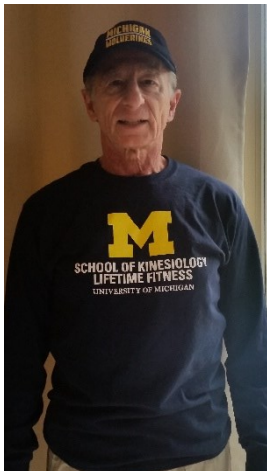
Long Sleeve T-Shirt (\$15)	S	M	L	XL	XXL (Add \$2)
<u>Color</u>	Blue				

Short Sleeve T-Shirt (\$15)	S	M	L	XL	XXL (Add \$2)
<u>Color</u>	Tie Dye				

Long Sleeve T-Shirt (\$20)	S	M	L	XL	XXL (Add \$2)
<u>Color</u>	Tie Dye				

TOTAL AMOUNT DUE \$

Payable by CASH or CHECK ONLY



Make CHECKS payable to University of Michigan


SCHOOL OF KINESIOLOGY
LIFETIME FITNESS **LIFETIME DONATION FORM**

As little as \$1 per visit helps Lifetime Fitness pay its great instructors, purchase new equipment and other materials as needed. Won't you consider giving a little to get a lot in return?

To support the continued excellence of Lifetime Fitness, I/we pledge the sum of

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Kinesiology Community Programs

401 Washtenaw Ave, Rm 3064

Ann Arbor, MI 48109-2214

Thank you!

From Kerry, Peter, Jerry and Gary