Let Rec Sports bring the workout to you.

**Bring physical activity into your workday**

- Learn exercises you can do anywhere
- Improve alertness, energy level, and productivity
- Focus on endurance, strength, flexibility and more!
- Led by a personal trainer
- All skill levels welcome

**FALL 2015 LOCATIONS.**

**Grainger Hall:** Mondays from 12noon to 12:45pm  
Room: 2195

**Cost:** $25 per person

**Session Starts on 11/02 Ends on 12/14**

ADD YOUR WORK LOCATION! Contact Lori Devine for details at; lori.devine@wisc.edu

To Register go to:  [https://services.recpsports.wisc.edu/Course/Search.aspx](https://services.recpsports.wisc.edu/Course/Search.aspx)  
You do **not** need to be a Rec Sports member to register.