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.**

**School of Nursing**
Cooper Hall 701
Highland Ave.
Room: Enroth Hall.
Tuesdays from 12noon to 12:45pm
Cost: $25 per person

**First Session**
Starts on 11/03
Ends on 12/15

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

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