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.**

**21 N. Park**  Mondays from 12noon to 12:45pm  Rooms: 1106/1108

*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.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.