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

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**School of Nursing**

Cooper Hall 701
Highland Ave.
Room: Enroth Hall.
Thursdays from 12noon to 12:45pm

Cost: $30 per person

**First Session Starts on 02/02, ends on 03/16**

You do NOT need to work in this building to participate!
All UW employees welcome!
Questions? Contact- lori.devine@wisc.edu

To Register go to: [http://recsports.wisc.edu/fitness.htm#workplace-workouts](http://recsports.wisc.edu/fitness.htm#workplace-workouts)
You will need your to Net ID log-in to register. If the building is close to where you work, consider joining!