WORKPLACE WORKOUTS.

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 certified personal trainer.
- All skill levels welcome.

**SPRING 2017 LOCATION.**

Eagle Heights Community Center  
611 Eagle Heights Drive  
Madison, WI 53705.

**Cost:** $30 per person **Session**

**Starts on 01/23 Ends on 03/06**

**Meets Mondays at 6:45am to 7:30am.**

To Register go to: [http://recsports.wisc.edu/fitness.htm#workplace-workouts](http://recsports.wisc.edu/fitness.htm#workplace-workouts)

You will need your Net ID log-in to register. You need not work in the host building to register for the program. If the building is close to where you work, consider joining!