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.**

Educational Sciences Building.
1025 W. Johnson.
Wednesdays 12:00pm to 12:45pm. Room 466.

Cost: $30 per person.

Session Starts on 02/08.

Ends on 03/15.

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

You will need to 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!