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.**

Space Science & Engineering Center  
1225 W. Dayton  
Mondays 12:30pm to 1:15pm Room 811 AOSS building

*Cost: $30 per person*

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

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