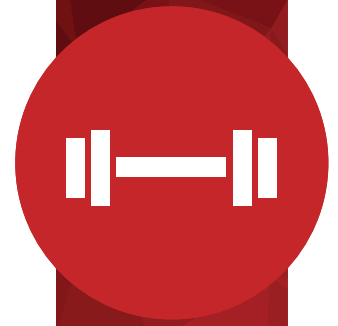


WORKPLACE WORKOUTS.



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.



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://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!