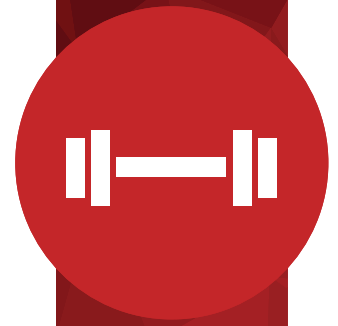


WORKPLACE WORKOUTS.



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

FALL 2016 LOCATION.



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

Cost: \$25 per person

Session Starts on
09/19 Ends on 10/31



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!