As a service to the University community, University Recreation & Sport Facilities offers a wide variety of workshops and non-credit classes that primarily relate to health, fitness, and nutrition.

Every effort is made to ensure that these courses and workshops meet the current interests of participants and are taught by qualified instructors. Classes are open to faculty, staff, students, and community members for a nominal registration fee. Community members are charged a slightly higher fee than UWEC students, faculty, and staff. Fees must be paid at the time of registration.

Mission Statement

“University Recreation & Sport Facilities provides opportunities that bridge academic learning with self-discovery through activities that enhance student leadership development, wellness and fun.”

For More Info

Visit us online: www.uwec.edu/recreation
OR Contact Brittany Wold:
715.836.4010 OR WOLDBN@uwec.edu

Cancellation Policy

You must register and pay fees in advance, as we will cancel class two days prior to the start date if there are any low numbers.

Individuals with Disabilities

If you need a disability-related accommodation to participate in the programs, services or activities offered by University Recreation & Sport Facilities please contact Al Wiberg at 715.836.5601 as soon as possible.

Mail-In Registration

Mail in registration and payment to:
Attn: Wellness Registration
University Recreation & Sport Facilities
University of Wisconsin - Eau Claire
Hilltop Recreation Center, 105 Garfield
Eau Claire, WI 54702-4004

Name: _________________________
Address: _______________________
City: __________________________ State: ______ Zip: ______
Phone: ________________________
E-Mail: _________________________

Circle desired class, session number and fill in price:

Session 1
Vinyasa Yoga ____________________
Fit Defense ______________________
Pilates __________________________
PowerPlus ______________________
Just Pump _______________________

Session 2
Vinyasa Yoga ____________________
Fit Defense ______________________
Pilates __________________________
PowerPlus ______________________
Just Pump _______________________

Total: _________________________
Class Descriptions

Just Pump
Just Pump is an athletic-based workout using various weights and fitness "toys," working every major muscle group including the core! This class is designed for all ages and fitness levels and will deliver quick results, toning and strengthening your body. Take advantage of this great way to get in shape and cross train!

Fit Defense
Fit Defense provides a combination of high intensity based movements integrated with proven fight techniques. The class focus will be on form and effective movement pattern. Plan on using gloves and body shields during class (equipment will be provided). The goal is to combine self-empowerment and self-defense with a great workout to help you achieve your fitness goals! Your first class is FREE so drop in to see if this is the workout for you! Sergeant Todd Raymond has a background in Law Enforcement and the Department of Corrections. He has also wrestled and competed in Mixed Martial Arts at the World Level. For the past 7 years he has trained over 4000 U.S. Soldiers how to defend themselves in combat.

Pilates
Everyone can benefit from Pilates in their own way. It will improve your physical and mental condition, provide better circulation, increased lung capacity through deep, healthy breathing, strength and flexibility, healthy bones and joints, improved posture, improved balance and coordination, a strong abdomen and a powerful core, energy, stamina and stress relief, reduction of body "aches & pains," prevention of re-injury of damaged muscles and joints, the list could go on and on. Practicing Pilates will leave you energized, refreshed and relaxed - not drained and exhausted.

Vinyasa Yoga
This class is a flow class designed to use our breath as a string as we move through a yoga series. Amy’s style is guided by a strong anatomic focus with a characteristic playfulness and emphasis on reconnecting the mind and body. Although the class is challenging, Amy teaches with a careful consideration of every unique participant and offers modifications to make it accessible to even the beginner. The student will build strength, flexibility, and grace and will leave feeling rejuvenated.

Session One
( January 26th - March 19th )

<table>
<thead>
<tr>
<th>Class</th>
<th>Day</th>
<th>Instructor</th>
<th>Room</th>
<th>Time</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Just Pump</td>
<td>Monday</td>
<td>Deb Begotka</td>
<td>McPhee 111</td>
<td>5:10 - 6:10pm</td>
<td>UWEC: $40 Community: $64</td>
</tr>
<tr>
<td>Fit Defense</td>
<td>Tuesday</td>
<td>Sgt. Todd Raymond</td>
<td>McPhee 105</td>
<td>6:15 - 7:15pm</td>
<td>UWEC: $20 (semester) Community: $35 (semester)</td>
</tr>
<tr>
<td>Pilates</td>
<td>Tuesday / Thursday</td>
<td>Penny Crochiere</td>
<td>McPhee 105</td>
<td>6:30 - 7:15am</td>
<td>UWEC: $112 Community: $160</td>
</tr>
<tr>
<td>PowerPlus</td>
<td>Tuesday / Wednesday / Thursday</td>
<td>Deb Begotka Cathie Woita</td>
<td>McPhee 111</td>
<td>11:15am - noon</td>
<td>(1-day/2-day / 3-day) UWEC: $32/$64/$96 Community: $56/$112/$168</td>
</tr>
<tr>
<td>Vinyasa Yoga</td>
<td>Thursday</td>
<td>Kristin Polenz</td>
<td>McPhee 105</td>
<td>6:00-7:00pm</td>
<td>UWEC: $56 Community: $80</td>
</tr>
<tr>
<td>Pilates</td>
<td>Tuesday / Thursday</td>
<td>Penny Crochiere</td>
<td>McPhee 105</td>
<td>6:30 - 7:15am</td>
<td>UWEC: $112 Community: $160</td>
</tr>
<tr>
<td>PowerPlus</td>
<td>Tuesday / Wednesday / Thursday</td>
<td>Deb Begotka Cathie Woita</td>
<td>McPhee 111</td>
<td>11:15am - noon</td>
<td>(1-day/2-day / 3-day) UWEC: $32/$64/$96 Community: $56/$112/$168</td>
</tr>
<tr>
<td>Vinyasa Yoga</td>
<td>Thursday</td>
<td>Kristin Polenz</td>
<td>McPhee 105</td>
<td>6:00-7:00pm</td>
<td>UWEC: $56 Community: $80</td>
</tr>
</tbody>
</table>

Session Two
( March 30th - May 21st )

<table>
<thead>
<tr>
<th>Class</th>
<th>Day</th>
<th>Instructor</th>
<th>Room</th>
<th>Time</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Just Pump</td>
<td>Monday</td>
<td>Deb Begotka</td>
<td>McPhee 111</td>
<td>5:10 - 6:10pm</td>
<td>UWEC: $40 Community: $64</td>
</tr>
<tr>
<td>Fit Defense</td>
<td>Tuesday</td>
<td>Sgt. Todd Raymond</td>
<td>McPhee 105</td>
<td>6:15 - 7:15pm</td>
<td>UWEC: $20 (semester) Community: $35 (semester)</td>
</tr>
<tr>
<td>Pilates</td>
<td>Tuesday / Thursday</td>
<td>Penny Crochiere</td>
<td>McPhee 105</td>
<td>6:30 - 7:15am</td>
<td>UWEC: $112 Community: $160</td>
</tr>
<tr>
<td>PowerPlus</td>
<td>Tuesday / Wednesday / Thursday</td>
<td>Deb Begotka Cathie Woita</td>
<td>McPhee 111</td>
<td>11:15am - noon</td>
<td>(1-day/2-day / 3-day) UWEC: $32/$64/$96 Community: $56/$112/$168</td>
</tr>
<tr>
<td>Vinyasa Yoga</td>
<td>Thursday</td>
<td>Kristin Polenz</td>
<td>McPhee 105</td>
<td>6:00-7:00pm</td>
<td>UWEC: $56 Community: $80</td>
</tr>
</tbody>
</table>

Looking for a mid-day pick me up? Power plus is a GREAT way to re-energize over your lunch break! This 45 minute class will increase your strength and build cardiovascular endurance! Class work includes several modes including but not limited to: cycling, plyometric work, circuit training, "equipment-less" strength, core, dumbbells, body bars, medicine balls, balance moves and More! Shower facilities are located on site.