

## SPRING SESSION ONE SCHEDULE

(Jan 23rd through March 16th) 8 Week Session

Monday	Yoga	6:15-7:15pm	McPhee 105	Jan 23-March 12	\$56/\$80
Tuesday	Stress Management	6:00-7:30pm	Hilltop Lounge	Session Dates: 2/21, 3/6, 3/13	\$45/\$55
Tuesday	Fitness Yoga	6:15-7:15pm	McPhee 105	Jan 24-March 13	\$56/\$80
Tuesday/Thursday	Pilates	6:30-7:15am	McPhee 105	Jan 24-March 15	\$112/\$160
Tuesday/Thursday	Anything Goes	11:15-12pm	McPhee 111A	Jan 24-March 14	\$64/\$112
Wednesday	Cardio Blast	11:15-12pm	McPhee 111A	Jan 25-March 14	\$32/\$56
Thursday	PiYo	6:15-7:15pm	McPhee 105	Jan 26-March 15	\$56/\$80
Thursday	Ayurveda Nutrition	5:00-6:00pm	Hilltop Lounge	Jan 26-March 15	\$40/\$66

## SPRING SESSION TWO SCHEDULE

(March 19th through May 11th) 7 Week Session (No class week of Spring Break March 19-23)

Monday	Restorative Yoga	6:15-7:15pm	McPhee 105	March 26-May 7	\$49/\$70
Tuesday	Fitness Yoga	6:15-7:15pm	McPhee 105	March 27-May 8	\$49/\$70
Tuesday/Thursday	Pilates	6:30-7:15am	McPhee 105	March 27-May 10	\$98/\$140
Tuesday/Thursday	Anything Goes	11:15-12pm	McPhee 111A	March 27-May 10	\$56/\$98
Wednesday	Cardio Blast	11:15-12pm	McPhee 111A	March 28-May 9	\$28/\$49
Wednesday	Sport Fitness Yoga	6:15-7:15pm	McPhee 105	March 28-May 9	\$49/\$70
Thursday	Spring Cleaning Ayurveda Nutrition	5:00-6:00pm	Hilltop Lounge	March 29-May 10	\$35/\$58

Lifeguard Certification Course -- Time differs per day -- April 13, 14, 15, 20, 21, 22 -- McPhee Pool and McPhee 106 (see info below)

Full Certification: April 13, 14, 15, 20, 21, 22	Cost: \$160.00
Recert Portion: April 14, Pool session & April 21 (2-5pm) + written exams	Cost: \$85.00
CPR Pro Rescuer Recert: April 15 Classroom Session + written exams	Cost: \$50.00

### Daily Schedule

(Full Certification needs to attend ALL dates)

April 13: 5-6 pool, 7-8 classroom  
April 14: 9-12 classroom, 12-5 pool  
April 15: 9-12 classroom, 12-2 pool  
April 20: 5-8 classroom  
April 21: 9-12 classroom, 12-5 pool  
April 22: 9-1 pool, 1-2 classroom

### FREE Mini Wellness Seminar Series

Take advantage of these free, one hour informational sessions. The seminars are designed to give you general information about the topic presented. View class descriptions and speaker information on our website. No pre-registration required! For more information contact Brittany Matti at mattibn@uwec.edu. These sessions are open to the community! View website for details!

UNIVERSITY RECREATION & SPORT FACILITIES

# 2012 SPRING WELLNESS



FOR MORE INFORMATION  
Visit us online:  
[www.uwec.edu/recreation](http://www.uwec.edu/recreation)  
OR  
Contact Brittany Matti at:  
715.836.4010  
MATTIBN@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.

