Winter Wellness
January 4th - January 21st, 2016

<table>
<thead>
<tr>
<th>CLASS</th>
<th>DAY</th>
<th>INSTRUCTOR</th>
<th>ROOM</th>
<th>TIME</th>
<th>COST</th>
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<tbody>
<tr>
<td>Just Pump</td>
<td>M</td>
<td>Deb Begotka</td>
<td>McPhee 111</td>
<td>5:10-6:10pm</td>
<td>$10/16</td>
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<tr>
<td>Pilates</td>
<td>T/TH</td>
<td>Penny Crochiere</td>
<td>McPhee 105</td>
<td>6:30-7:15am</td>
<td>$42/60</td>
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| PowerPlus| T/W/TH | Deb Begotka & Cathie Wolta | McPhee 111 | 11:15-Noon | 1 day: $12/$21  
2 day: $24/$42 
3 day: $36/$63 |

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!

POWER PLUS
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: plyometric work, circuit training, “equipment - less” strength, core, dumbbells, body bars, medicine balls, balance moves and more! Shower facilities are located on site.

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.

Individuals with Disabilities
If you need a disability-related accommodation to participate in the programs, services or activities offered by University Recreation and Sport Facilities please contact Al Wiberg at (715) 836-6001 as soon as possible.

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.

For More Info
Visit us online: www.uwec.edu/recreation  
OR Contact Brittny Woldt  
715.836.4290 OR wolfrn@uwec.edu

Online Registration
To register for Wellness Classes Online, visit: https://recservices.uwec.edu