

## noon power hour I

May 20 - July 8, 2009  
Wednesdays  
12:10 pm - 1:50 pm  
McPhee 111A - Group Exercise Studio

Fees: \$30.00 UWEC and CVTC Students  
\$40.00 UWEC and CVTC Faculty & Staff  
\$50.00 Community Members

Instructor: Paula Ramminger, Recreation Specialist

## belly dancing

June 9 - June 30, 2009  
Tuesdays  
5:00 pm - 6:00 pm  
McPhee 105 - Dance Studio

Fees: \$20.00 UWEC Students, Faculty & Staff  
\$35.00 Community Members

Instructor: Terry Wells, Peanut Butter and Gypsy

# Wellness Classes

*Mission Statement* - "University Recreation and Sport Facilities provides opportunities that bridge academic learning with self-discovery through activities that enhance student leadership development, wellness, and fun."

## noon power hour II

July 15 - August 26, 2009  
Wednesdays  
12:10 pm - 1:50 pm  
McPhee 111A - Group Exercise Studio

Fees: \$25.00 UWEC and CVTC Students  
\$35.00 UWEC and CVTC Faculty & Staff  
\$45.00 Community Members

Instructor: Caryn Ling, UWEC Group Exercise Instructor

## ayurveda

June 8 - July 13, 2009  
Mondays  
3:30 pm - 4:30 pm  
McPhee 106

Fees: \$25.00 UWEC Students, Faculty & Staff  
\$45.00 Community Members

Instructor: Patricia Wickman, Certified Ayurvedic, Practitioner and registered Yoga Instructor

# Summer 2009

## mail - in registration

Mail registration & payment to : Paula Ramminger  
University Recreation & Sport Facilities  
University of Wisconsin - Eau Claire  
Hilltop Recreation Center, 105 Garfield Ave.  
Eau Claire, WI 54702-4004



Name : \_\_\_\_\_

Address : \_\_\_\_\_

City : \_\_\_\_\_ State : \_\_\_\_\_ Zip : \_\_\_\_\_

Home Phone : \_\_\_\_\_

Email : \_\_\_\_\_

Please check the desired session or class :

Pilates I  II  III  Ayurveda

Fitness Yoga I  II  Belly Dancing

Noon Power Hour I  II  Restorative Yoga

Make checks payable to UWEC. No refunds or transfers.  
Contact Paula Ramminger at (715) 836-3470 or  
email ramminpj@uwec.edu with questions.

## pilates I

May 12 - June 4, 2009  
Tuesdays & Thursdays  
6:30 am - 7:15 am  
Higherground -  
Crest Wellness Center

Fees: \$40.00 UWEC Students  
\$50.00 UWEC Faculty & Staff  
\$65.00 Community Members

Instructor: Penny Crochiere, STOTT Certified Pilates Instructor

## pilates II

June 9 - July 30, 2009  
Tuesdays & Thursdays  
6:30 am - 7:15 am  
McPhee 105 - Dance Studio

Fees: \$75.00 UWEC Students  
\$90.00 UWEC Faculty & Staff  
\$130.00 Community Members

Instructor: Penny Crochiere, STOTT Certified Pilates Instructor

## pilates III

August 18 - September 10, 2009  
Tuesdays & Thursdays  
6:30 am - 7:15 am  
McPhee 105 - Dance Studio

Fees: \$35.00 UWEC Students  
\$55.00 UWEC Faculty & Staff  
\$80.00 Community Members

Instructor: Penny Crochiere, STOTT Certified Pilates Instructor

## fitness yoga I

June 9 - July 28, 2009  
Tuesdays  
6:15 pm - 7:15 pm  
McPhee 105 - Dance Studio

Fees: \$40.00 UWEC Students, Faculty & Staff  
\$65.00 Community Members

Instructor: Donna Sauter, Yoga Fit Certified

## fitness yoga II

August 18 - September 8, 2009  
Tuesdays  
6:15 pm - 7:15 pm  
McPhee 105 - Dance Studio

Fees: \$15.00 UWEC Students,  
Faculty & Staff  
\$30.00 Community Members

Instructor: Donna Sauter, Yoga Fit Certified

## restorative yoga

June 8 - July 13, 2009  
Mondays  
5:00 pm - 6:00 pm  
McPhee 105 - Dance Studio

Fees: \$30.00 UWEC Students,  
Faculty & Staff  
\$50.00 Community Members

Instructor: Patricia Wickman, Yoga Alliance