As a service to the University community, Recreation and 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.

Online Registration is now available!
To register for Wellness Classes online, visit: http://recservices.uwec.edu/

Mail-In Registration
Attn: Wellness Registration
University Recreation & Sport Facilities
UW - Eau Claire
Hilltop Recreation Center:
105 Garfield Ave
Eau Claire, WI 54702-44004

Name: ________________________________
Address: ________________________________
City: ______________ State: ___
Zip: ________________________________
Phone: ________________________________
E-Mail: ________________________________

Circle desired class, session number and fill in price:

Session One
Just Pump ________________________________
PowerPlus ________________________________
Pilates ________________________________

Session Two
Just Pump ________________________________
PowerPlus ________________________________
Pilates ________________________________

Total: ______

Come as you are and Experience Recreation!
We respect and appreciate all people. We value the individual differences that make us unique and the similarities that bring us together.

For More Info
Visit us online: www.uwec.edu/recreation
OR Contact Brittany Wold:
(715) 836-4010 OR WOLDBN@uwec.edu

Individuals with Disabilities:
If a disability related accommodation is needed to participate in any of our programs, please contact Al Wiberg at (715) 836-5601.

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.

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

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Mission Statement
Recreation and Sport Facilities provides experiences that connect academic learning with self-discovery.

Recreation and Sport Facilities
University of Wisconsin - Eau Claire
Hilltop Recreation Center
105 Garfield Avenue, P.O. Box 4004
Eau Claire, WI 54702-4004

Phone: (715) 836-3377
www.uwec.edu/recreation
### 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!

**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.

**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.

### Session One  May 22 - July 13  *No class on May 29 or July 4*

<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: $35  Community: $56</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: $105  Community: $150</td>
</tr>
<tr>
<td>PowerPlus</td>
<td>Tuesday/ Wednesday/Thursday</td>
<td>Deb Begotka  Missy Reese</td>
<td>McPhee 111</td>
<td>11:15 - 12pm</td>
<td>UWEC/ Community 1 Day: $32/$56 2 Day: $64/$112 3 Day: $96/$168</td>
</tr>
</tbody>
</table>

### Session Two  July 17 - August 31

<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: $35  Community: $56</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: $98  Community: $140</td>
</tr>
<tr>
<td>PowerPlus</td>
<td>Tuesday/ Wednesday/Thursday</td>
<td>Deb Begotka  Missy Reese</td>
<td>McPhee 111</td>
<td>11:15 - 12pm</td>
<td>UWEC/ Community 1 Day: $28/$49 2 Day: $56/$98 3 Day: $84/$147</td>
</tr>
</tbody>
</table>