CLASS DESCRIPTIONS

S1 - Session One
S2 - Session Two

PHILATES
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 and 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 ready - not drained and exhausted.

S1 - January 22 - March 14 6:30am-7:15am Mcphee 105
$112/180 Instructor: Penny Crochiere
S2 - March 26 - May 14 6:30am-7:15am Mcphee 105
$112/180 Instructor: Penny Crochiere

FITNESS YOGA
Red workbooked with yoga movement seasoned with a fitness flair! This 60 minute class is designed to increase flexibility, range of motion, and strength with the added bonus of learning flowing techniques to manage stress. By focusing on three key components: body, breath, and mind, we can live a more balanced and satisfying life.

S1 - January 22 - March 12 6:15pm-7:15pm Mcphee 105
$56/80 Instructor: Donna Sauter
S1 - January 22 - March 14 6:15pm-7:15pm Mcphee 105
$56/80 Instructor: Donna Sauter

RESTORATIVE YOGA
In this class we will explore gentle, low impact Yoga asana poses to relax, restore and rejuvenate the body, mind and spirit. Using self-massage, breath and awareness we will cultivate physical and mental well-being, strength and flexibility. This class will also promote an experiential understanding of yoga philosophy.

S1 - February 11 - March 11 6:15pm-7:15pm Mcphee 105
$35/56 Instructor: Tracy Chipman
S2 - March 26 - May 13 6:15pm-7:15pm Mcphee 105
$35/56 Instructor: Tracy Chipman

KETTLEKICK
Strength based fitness, combining elements of Kettlebell with cardio kickboxing. Work every muscle in your body doing this high intensity and fast paced workout. Kettlebell has been around for years but has recently started to resurface as a phenomenal way to gain muscle while working on cardio at the same time. Combine this with the dynamic movement based Cardio Kickboxing and you have yourself a great way to increase aerobic capacity and tone your body. You can reserve for any fitness level and ability. This is the perfect class to do with friends, kids, neighbors or co-workers. You don't have to be the same fitness level as your class mates. We will train together but you will pace it at your own pace...but we will push you to your next fitness level! In eight weeks, you will experience a variety of boot camp class formats: cardio only, interval stations, sport specific, muscular strength, H.I.I.T. (high intensity interval training), alternating segments of cardio and recovery), plyometrics and much more. You will be able to use top of the line fitness equipment as well as the great outdoors to get yourself in the best shape this fall. Don't miss out on the fun!

S1 - January 24 - March 14 6:15pm-7:15pm Mcphee 105
$48/64 Instructor: Deb Begotka
S2 - March 28 - May 16 6:15pm-7:15pm Mcphee 105
$48/64 Instructor: Deb Begotka

BOOT CAMP
This is an incredible cardio and muscular strength work-out open to any fitness level and ability. It is the perfect class to do with friends, kids, neighbors or co-workers. You don't have to be the same fitness level as your class mates. We will train together but you will pace it at your own pace...but we will push you to your next fitness level! In eight weeks, you will experience a variety of boot camp class formats: cardio only, interval stations, sport specific, muscular strength, H.I.I.T. (high intensity interval training), alternating segments of cardio and recovery), plyometrics and much more. You will be able to use top of the line fitness equipment as well as the great outdoors to get yourself in the best shape this fall. Don't miss out on the fun!

S1 - January 20 - March 16 8:00am-9:00am Mccpeh 111
$32/56 Instructor: Abbie Oleson
S1 - March 20 - May 18 8:00am-9:00am Mccpeh 111
$32/56 Instructor: Abbie Oleson

LIFEGUARD CERTIFICATION: AMERICAN RED CROSS
The American Red Cross Lifeguard Certification course will certify participants in Lifeguarding, CPR/AED, and First Aid for the Professional Rescuer. Upon completion participants will be certified by Lifeguard in a number of settings and will be certified to do so for two years.

S1 - March 30 - May 18 9:00am-9:50am Mccpeh 111
$32/56 Instructor: Abbie Oleson

INDOOR CYCLING
Looking for a mid-day pick me up? Powerplus is a GREAT way to re-energize over your lunch break! This 45 minute class on specially designed stationary bikes will mimic outdoor riding. Class format will vary between interval rides, endurance rides, and strength rides. Each bike is equipped with a Green Revolution device. As we peddle, we will generate electricity that will be put back into UWEC's power grid. This non-impact class is for all fitness levels.

S1 - January 29 - March 16 9:00am-9:50am Mccpeh 111
$32/56 Instructor: Abbie Oleson
S1 - March 29 - May 17 9:00am-9:50am Mccpeh 111
$32/56 Instructor: Abbie Oleson

Prices listed as UW Eau Claire/Community.
UNIVERSITY WELLNESS

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.

The program offerings are available to all faculty, staff, students, and community members for a registration fee. Every effort is made to ensure that these courses and workshops meet the current interests of participants and are taught by qualified instructors. Fees must be paid at the time of registration.

FITNESS WORKSHOPS

TurboKick Certification Workshop
Saturday, April 6th, 2013
9am-5pm
McPhee 105
Visit www.turbokick.com for more information and to register for this program!

FOR MORE INFORMATION
Visit us online:
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.

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.”