To register, stop by the Recreation & Sport Operations office located in Hilltop Center on upper campus. Call (715) 836-3377 for more information or visit uwec.edu/recreation

Package Includes:

- Initial Consultation and Fitness Assessment
  - Body Composition Analysis
  - Blood Pressure/Pulse
  - Vo2 Submax
  - Muscular Endurance
  - Flexibility
  - Wellness Profile
- Four 1-hour training sessions with an exercise programmer
- Final fitness assessment

Cost:

**Individual**
- $25.00 UW-Eau Claire Student
- $30.00 UW-Eau Claire Faculty/Staff

**Group**
- $50.00 UW-Eau Claire Student
- $60.00 UW-Eau Claire Faculty/Staff