

Fall Wellness

Session One Sept 4 - Oct 25 *No class on Labor Day

Class	Day	Instructor	Room	Time	Cost
Pilates	Tuesday/ Thursday	Penny Crochiere	McPhee 105	6:30 - 7:15am	UWEC: \$112 Community: \$160
PowerPlus	Monday/ Wednesday/ Thursday	Sarah Crawford Ryan Boos	McPhee 111	11:15 - 12pm	UWEC/Community 1 Day: \$32/\$56 2 Day: \$64/\$112 3 Day: \$92/\$161

Session Two Oct 29 - Dec 20 *No class on Thanksgiving Day

Class	Day	Instructor	Room	Time	Cost
Pilates	Tuesday/ Thursday	Penny Crochiere	McPhee 105	6:30 - 7:15am	UWEC: \$105 Community: \$150
PowerPlus	Monday/ Wednesday/ Thursday	Sarah Crawford Ryan Boos	McPhee 111	11:15 - 12pm	UWEC/Community 1 Day: \$32/\$56 2 Day: \$64/\$112 3 Day: \$92/\$161

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.

INDIVIDUALS WITH DISABILITIES

If a disability related accommodation is needed to participate in any of our programs, please contact the Recreation Office at (715) 836-3377.

CANCELLATION POLICY

You must register and pay fees in advance, as we will cancel class 2 days prior to the start date if there are any low numbers.

FOR MORE INFORMATION

Visit us online: www.uwec.edu/recreation
OR Contact Brittany Wold:
715.836.4010 or WOLDBN@uwec.edu

ONLINE REGISTRATION

To register for Wellness Classes online, visit <http://recservices.uwec.edu/>

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.