**Pilates**

McPhee 105 | 6:30-7:15am  
Instructor: Penny  
Cost - UWEC/Community  
$56/$80

**PowerPlus**

McPhee 111 | 11:15-Noon  
Instructor: Sarah & Kristi  
Cost - UWEC/Community  
1 Day: $16/$28  
2 Day: $32/$56  
3 Day: $44/$80

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.

PowerPlus

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.