AUG 31

everything is FREE!

11AM-1PM BEHIND MCPHEE ON UPPER CAMPUS
RESERVATIONS REQUIRED FOR WALKING TOURS AND VITA COURSE

**vita course experience**
- RESERVATION AND MASK REQUIRED
Outdoor Fitness Loop
  - Meet behind McPhee
  - Reservations in groups of three

**group exercise**
- Zumba
  11 am - 11:50 am
  Simpson Field behind McPhee
- Yoga*
  12 pm - 12:50 pm
  Simpson Field behind McPhee
  Mats not provided may bring your own or a towel

**yard games**

**outdoor fitness opportunities tours**
- RESERVATION AND MASK REQUIRED
  - Walking Tours
    - Meet at top of McPhee Stairs
    - Around two miles

**reservations**
- Go to uwec.edu/recreation
- Find link to registration
- Click “Fitness Programs”
- Select “Tour de Rec”
- Select Activity
- Select Reservation time
  
  **Walking Tours:**
  Tours explore the outdoor fitness locations and opportunities
  Recreation has to offer!

**Vita Course Experience**
includes instruction of each of the 9 elements on the .6 miles fitness loop.
Walking Tour Start
11am Zumba & 12pm Yoga

Walking Tour Route
≈ 2 miles
Reservation required
Meet at top of McPhee Stairs
Mask required

*Tour covers locations and details of Recreation facilities and opportunities

Vita Course Start
Reservation required
Groups of three
Mask required

event info
11-1pm behind McPhee
Fitness + Fun + FREE Shirt!

walking tours = 2 miles
Reservation required
Meet at top of McPhee Stairs
Mask required
*Tour covers locations and details of Recreation facilities and opportunities

vita course tours
Reservation required
Groups of three
Mask required

TOUR de REC
AUGUST 31, 11AM-1PM