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.

COVID Protocol:
- Class will be outdoors whenever possible, dress for the weather.
- Bring your own mat!
- When indoors, participants will be distanced and must remain masked.
- No towel service and no guaranteed locker room.
- Policies may change at any time!

Online Registration
To register for Wellness Classes online, visit 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.

For More Information
Visit us online or contact Brittany Wold: 715.836.3377 or WOLDBN@uwec.edu

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.