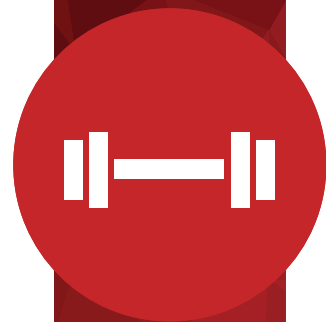


# WORKPLACE WORKOUTS.



Let Rec Sports bring the workout to you.

## Bring physical activity into your workday

- > Learn exercises you can do anywhere
- > Improve alertness, energy level, and productivity
- > Focus on endurance, strength, flexibility and more!
- > Led by a certified personal trainer
- > All skill levels welcome

### SUMMER 2016 LOCATION. **Space Science & Engineering Center**



**1225 W. Dayton**

**Tuesdays 12noon to 12:45pm**

**Room 811**

*Cost: \$25 per person*

**Session Starts on**

**06/14 Ends on 07/26**



To Register go to: <http://recsports.wisc.edu/fitness.htm#workplace-workouts>  
You will need to Net ID log-in to register. You need not work in the host building to register for the program. If the building is close to where you work, consider joining!