

FREE Group Fitness Classes

Spring 2019

Fitness for EveryBody

HAVE FUN GETTING FIT WITH CERTIFIED INSTRUCTORS

	Monday	Tuesday	Wednesday	Thursday	Friday
7-8 am	AquaFit w/ Nick in the pool		AquaFit w/ Nick in the pool		AquaFit w/ Nick in the pool
11:15 - 11:45 am		Upper Body Tone & Tabata w/ Kristi		Lower Body Tone & Tabata w/ Kristi	
12-1 pm		Beginner Yoga w/ Jenna			

**STUDIO CLASSES ARE IN
THE MWC DANCE STUDIO**



UNIVERSITY OF WISCONSIN-SUPERIOR

Campus Recreation
Division of Student Affairs

FREE FOR STUDENTS & MWC MEMBERS

QUESTIONS OR COMMENTS?
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