

UWHealthUniversity of Wisconsin
Sports Medicine

Fall 2009

Fitness Classes

Call (608) 263-7936

15 Weeks: September 8 – December 20, 2009

No classes 9/7 (Labor Day) and 11/26 (Thanksgiving Day). Class fees prorated for these dates.

REGISTRATION

Early Registration (Re-Enrollment In Current Classes Only)

Preferred Registration (Current Class Participants and FC Members)

Open Registration (Anyone)

August 10 – 13**August 14 – 16****Starts August 17***All new participants must submit a completed Physician's Authorization form and undergo a pre-participation screening prior to starting class.*

Class	Days	Time	Instructor	Fee	Discount*	Member
Aerobic Mix	M	8:30 – 9:45 AM	Staff	\$122.00	\$97.60	\$61.00
Aerobic Mix	W	8:30 – 9:45 AM	Chitwood	\$131.00	\$104.80	\$65.50
Core & Balance	T	12:00 – 1:00 PM	Novak	\$105.00	\$84.00	\$52.50
Cross Training	TR	6:00 – 7:15 AM	Sullivan	\$253.00	\$202.40	\$126.50
Indoor Cycling	M	6:00 – 7:00 AM	Bock	\$116.00	\$92.80	\$58.00
Indoor Cycling	W	5:55 – 7:10 AM	Riehl	\$156.00	\$124.80	\$78.00
Indoor Cycling	F	6:00 – 7:00 AM	Riehl	\$125.00	\$100.00	\$62.50
Indoor Cycling <i>11 wk: 10/10 – 12/19</i>	Sat	10:15 – 11:30 AM	Haas	\$114.00	\$91.20	\$57.00
Indoor Cycling	MW	12:00 – 1:00 PM	Staff	\$241.00	\$192.80	\$120.50
Indoor Cycling <i>11 wk: 10/6 – 12/17</i>	TR	6:00 – 7:15 PM	Ehmann	\$218.00	\$174.40	\$109.00
Indoor Cycling Express	TR	12:00 – 12:45 PM	Melms	\$181.00	\$144.80	\$90.50
Living Falls Free <i>9 wk: 9/22 – 11/19</i>	TR	1:15 – 2:15 PM	Peterson	\$186.00	\$148.80	\$93.00
Mid-Day Movement <i>Beginning</i>	R	12:00 – 1:00 PM	Milbrandt	\$98.00	\$78.40	\$49.00
Movement That Matters	TR	5:45 – 6:45 PM	Staff	\$202.00	\$161.60	\$101.00
Pilates – Adaptive	M	11:15 - 12:15 PM	Peterson	\$149.00	\$119.20	\$74.50
Pilates – Beginning	W	5:30 – 6:30 PM	Grieser	\$160.00	\$128.00	\$80.00
Pilates – Beginning <i>14 wk: no class 11/27</i>	F	12:30 – 1:30 PM	Grieser	\$149.00	\$119.20	\$74.50
Pilates – Continuing <i>Beg II/Continuing</i>	M	12:30 - 1:30 PM	Peterson	\$149.00	\$119.20	\$74.50
Pilates – Continuing	W	6:45 - 7:45 PM	Grieser	\$160.00	\$128.00	\$80.00
Pilates – Continuing <i>14 wk: no class 11/27</i>	F	11:15 - 12:15 PM	Grieser	\$149.00	\$119.20	\$74.50
Senior Aerobic Dance	TR	8:00 – 9:00 AM	Dumas	\$202.00	\$161.60	\$101.00
Senior Aerobic Dance	TR	10:15 – 11:15 AM	Peterson	\$202.00	\$161.60	\$101.00
Senior Weight Training	TR	9:00 – 10:00 AM	Bock	\$202.00	\$161.60	\$101.00
Senior Weight Training	TR	1:30 – 2:30 PM	Dumas	\$202.00	\$161.60	\$101.00
Spine Ball Strength & Flexibility	W	12:00 – 1:00 PM	Novak	\$105.00	\$84.00	\$52.50
Spine Ball Strength & Flexibility	R	6:45 – 7:45 PM	Novak	\$98.00	\$78.40	\$49.00

Continued on back.

* Discount fees apply to
Members of

- Unity Health Plans
- Group Health Cooperative (GHC)

Employees of

- Businesses in the University Research Park
- UW Hospital & Clinics, UW Medical Foundation, or UW Medical School

*Registrants may need to provide member number, employee number, or other proof of employment to receive discount.*See other side for more classes including **Integrative Practices** programs!

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Class	Days Time	Instructor	Fee	Discount*	Member
Sports Conditioning	MW 6:15 – 7:15 PM	Haas	\$202.00	\$161.60	\$101.00
Step Fusion	M 5:10 – 6:10 P M	Williamson	\$98.00	\$78.40	\$49.00
Strength Moves	MW 6:00 – 7:00 AM	Staff/Ewing-Chris.	\$202.00	\$161.60	\$101.00
Strength Moves	F 8:30 – 9:30 AM	Briehl	\$105.00	\$84.00	\$52.50
Weight Training for Women	MW 6:30 – 7:30 PM	Carpenter	\$202.00	\$161.60	\$101.00
Zumba	W 7:30 – 8:30 PM	Holekamp	\$105.00	\$84.00	\$52.50

Integrative Practices

Class	Days Time	Instructor	Fee	Discount*	Member
Feldenkrais Method® <i>13 wk: no class 9/29, 12/15</i>	T 4:30 – 5:30 PM	Vardi	\$138.00	\$110.40	\$69.00
Hatha Yoga <i>Beg/Cont</i> <i>12 wk: no class 10/19, 10/26</i>	M 7:30 – 9:00 PM	Colley	\$192.00	\$153.60	\$96.00
Hatha Yoga <i>Beg/Cont</i> <i>13 wk: no class 10/17, 10/24</i>	Sat 9:00 – 11:00 AM	Colley	\$277.00	\$221.60	\$138.50
Hatha Yoga Flow <i>13 wk: no class 10/18, 10/25</i>	Sun 11:15 – 1:15 PM	Colley	\$277.00	\$221.60	\$138.50
Kundalini Yoga	T 7:15 – 8:15 PM	McCorkle	\$160.00	\$128.00	\$80.00
Power Flow Yoga <i>13 wk: no class 9/11, 11/27</i>	F 6:30 – 7:30 AM	Bock	\$138.00	\$110.40	\$69.00
Qigong <i>13 wk: no class 9/25, 11/27</i>	F 11:00 – 12:00 PM	Lewis	\$138.00	\$110.40	\$69.00
T'ai Chi <i>Cont. Yang Long Form Guided Practice</i> <i>13 wk: no class 9/10</i>	R 5:30 – 6:30 PM	Mathews	\$138.00	\$110.40	\$69.00
T'ai Chi for Health <i>Beginning</i>	M 6:00 – 7:00 PM	Severson	\$149.00	\$119.20	\$74.50
T'ai Chi for Health <i>Continuing</i>	W 5:20 – 6:05 PM	Severson	\$120.00	\$96.00	\$60.00

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