



Fitness Classes

Call (608) 263-7936

21 Weeks: January 3 – June 3, 2012

No classes 1/16 (MLK Day), 4/02 - 4/08 (Spring Break), and 5/28 (Mem. Day). Class fees prorated for off dates.

REGISTRATION

Early Registration (Re-Enrollment In Current Classes Only)
Open Registration (Anyone)

December 5 – 11
Starts December 12

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	Busch	\$166.00	\$141.10	\$83.00
Aerobic Mix	W	8:30 – 9:45 AM	Chitwood	\$194.00	\$164.90	\$97.00
Cross Training	TR	6:00 – 7:15 AM	Sullivan	\$388.00	\$329.80	\$194.00
Indoor Cycling	M	6:00 – 7:00 AM	Bock	\$159.00	\$135.15	\$79.50
Indoor Cycling 15 wk: ends 4/30	M	5:30 – 7:00 PM	Brickson	\$198.00	\$168.30	\$99.00
Indoor Cycling	W	6:00 – 7:00 AM	Riehl	\$185.00	\$157.25	\$92.50
Indoor Cycling 16 wk: ends 4/27	F	6:00 – 7:00 AM	Riehl	\$141.00	\$119.85	\$70.50
Indoor Cycling 16 wk: ends 4/28	Sat	10:15 – 11:30 AM	Haas	\$176.00	\$149.60	\$88.00
Indoor Cycling 16 wk: ends 4/26	TR	6:00 – 7:15 PM	Ehmann	\$353.00	\$300.05	\$176.50
Indoor Cycling Express	TR	12:00 – 12:45 PM	Melms	\$278.00	\$236.30	\$139.00
Living Falls Free 14 wk: 1/17 – 4/24	T	2:45 – 3:45 PM	Dumas	\$158.00	\$134.30	\$79.00
Mid-Day Movement Beg. 20 wk: starts 1/12	R	12:00 – 1:00 PM	Milbrandt	\$148.00	\$125.80	\$74.00
Movement That Matters	TR	5:45 – 6:45 PM	Stransky	\$311.00	\$264.35	\$155.50
Pilates – Adaptive 17 wk: 1/23 – 5/21	M	11:15 - 12:15 PM	Doyle Greene	\$192.00	\$163.20	\$96.00
Pilates – Beginning 19 wk: 1/18 – 5/30	W	4:45 – 5:35 PM	Doyle Greene	\$179.00	\$152.15	\$89.50
Pilates – Beginning 19 wk: 1/20 – 6/1	F	9:00 – 9:50 AM	Doyle Greene	\$179.00	\$152.15	\$89.50
Pilates – Continuing 17 wk: 1/23 – 5/21	M	12:30 - 1:30 PM	Doyle Greene	\$192.00	\$163.20	\$96.00
Pilates – Continuing 19 wk: 1/18 – 5/30	W	5:45 - 6:45 PM	Doyle Greene	\$214.00	\$181.90	\$107.00
Pilates – Continuing 19 wk: 1/20 – 6/1	F	10:00 – 10:50 AM	Doyle Greene	\$179.00	\$152.15	\$89.50
Senior Aerobic Dance	TR	8:00 – 9:00 AM	Dumas	\$311.00	\$264.35	\$155.50
Senior Aerobic Dance 20 wk: Starts 1/10	TR	10:15 – 11:15 AM	Peterson	\$296.00	\$251.60	\$148.00
Senior Weight Training	TR	9:00 – 10:00 AM	Bock	\$311.00	\$264.35	\$155.50
Senior Weight Training	TR	1:30 – 2:30 PM	Dumas	\$311.00	\$264.35	\$155.50
Spine Ball/Core Combo	R	6:45 – 7:45 PM	Novak	\$155.00	\$131.75	\$77.50

Continued on back.

* Discount fees apply to Members of

- Unity Health Plans
- Group Health Cooperative (GHC)
- UW Sports Medicine Multisport Club

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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Classes cont.

Class	Days	Time	Instructor	Fee	Discount*	Member
Spine Ball Strength & Flexibility	W	Noon – 1:00 PM	Novak	\$155.00	\$131.75	\$77.50
Sports Conditioning	MW	6:15 – 7:15 PM	Haas	\$288.00	\$244.80	\$144.00
Strength & Flexibility 20 wk: starts 1/12	R	9:05 – 10:05 AM	Milbrandt	\$148.00	\$125.80	\$74.00
Strength & Stability 20 wk: starts 1/10	T	9:05 – 10:05 AM	Peterson	\$148.00	\$125.80	\$74.00
Strength Moves	MW	6:00 – 7:00 AM	Eggert	\$288.00	\$244.80	\$144.00
Strength Moves	F	8:30 – 9:30 AM	Zdrale	\$155.00	\$131.75	\$77.50
Weight Training for Women	MW	6:30 – 7:30 PM	Carpenter	\$288.00	\$244.80	\$144.00
Weight Training for Women 9 wk: 1/31 – 3/29	TR	6:30 – 7:30 PM	Sullivan	\$133.00	\$113.05	\$67.50
Zumba	W	7:30 – 8:30 PM	Tellez Giron	\$155.00	\$131.75	\$77.50

Integrative Practices

Class	Days	Time	Instructor	Fee	Discount*	Member
Adaptive Yoga 19 wk: 1/20 – 6/1	F	11:15 AM – noon	Doyle Greene	\$161.00	\$136.85	\$80.50
Feldenkrais Method® 17 wk: 1/24 – 5/22	T	4:45 – 5:45 PM	Vardi	\$192.00	\$163.20	\$96.00
Hatha Yoga 12 wk: 1/30 – 5/21 No class 2/27, 3/19, 3/26, 5/7	M	7:30 – 9:00 PM	Colley	\$203.00	\$172.55	\$101.50
Hatha Yoga 10 wk: 2/4 – 5/19 No class 2/25, 3/17, 3/24, 5/5, 5/12	Sat	9:00 – 11:00 AM	Colley	\$226.00	\$192.10	\$113.00
Kundalini Yoga	T	7:00 – 8:00 PM	McCorkle	\$237.00	\$201.45	\$118.50
Power Flow Yoga	F	6:30 – 7:30 AM	Bock	\$237.00	\$201.45	\$118.50
Qigong 20 wk: Starts 1/13	F	11:00 AM – noon	Lewis	\$226.00	\$192.10	\$113.00
T'ai Chi Yang Long Form Guided Practice 16 wk: 1/12 – 5/24; No class 2/9, 3/1, 5/3	R	5:30 – 6:30 PM	Mathews	\$181.00	\$153.85	\$90.50
T'ai Chi for Health Continuing	T	5:30 – 6:25 PM	Severson	\$217.00	\$184.45	\$108.50

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See other side for more classes **Fitness** classes!