

When:  
Wednesdays  
12:00-12:35pm

Where: DUC  
Room 374

# Employee Wellness Group Fitness Classes!

- Class is primarily based on resistance band training that targets muscles in three main areas of the body: upper body, lower body, and abdominals.
- This is a LOW IMPACT/LOW SWEAT muscle strengthening class. Wear your work clothes to class!
- Other components of the class will include: heart healthy tips, nutrition facts, stress management tips, blood pressure checks, and a guest instructor.

Class Cost: FREE  
Equipment: Exercise  
bands \$5.00

Classes are for UWSP employees only.  
Classes start September 30th and  
end December 9th, 2009.  
No class November 4th, 18th, or 25th.

Any Questions? Contact  
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