

Cardio Center News

February 2012

What's New?

- ♣ **STEP 360** added to select group fitness classes!
- ♣ Groovin' with Allen **February 20th - 24th**
- ♣ Personal Training Sign ups at Cardio Center Desk week of **February 13th**

Memberships

- ♣ January 15th - SIGN UP NOW!
- ♣ \$155 UWSP Graduates & Retired Faculty/Staff
- ♣ \$85 Students
- ♣ \$200 Guest of Member
- ♣ \$125 Faculty & Staff
- ♣ \$25 Faculty & Staff Group Fitness Pass (Semester)

Special Events

- ♣ T'ai Chi meets Monday through Friday at 6am in Studio B, new participants welcome!!
- ♣ Group Fitness Extravaganza **Friday February 24th 2pm - 4pm**, check out these sampler classes!

Group Fitness - Block 1 Begins!

- ♣ Check out our NEW classes!
 - ♣ dubSTEP360, Power Yoga w/Matt, Abs w/Sam, & Calorie Blaster w/Tammy
 - ♣ Welcome our new instructors - Matt Cooke for Power Yoga & Alexandria Ford for Hip Hop

Personal Training

- ♣ Signups the week of **February 13th** @ Cardio Center front desk
- ♣ Participants receive one free assessment & three one-hour workouts with a trainer!