

Cardio Center News

October/November 2011

What's New?

- ♣ Cardio Center creates **NEW** UWSP Allen Center Facebook Page!
- ♣ Group Personal Training Opportunities Available - contact Ken via email for information
- ♣ ACIS Sponsorship Program @ Allen Cardio Center

Memberships

- ♣ November 1st - SIGN UP NOW!
- ♣ \$195 UWSP Graduates & Retired Faculty/Staff
- ♣ \$110 Students
- ♣ \$250 Guest of Member
- ♣ \$155 Faculty & Staff
- ♣ \$25 Faculty & Staff Group Fitness Pass (Semester)

Special Events

- ♣ American Collegiate Intramural Sports (ACIS) - FREE Incentive program for recording weekly activity
- ♣ SIGN UP - **Monday October 24th 4pm to 6pm** @ Cardio Center!
- ♣ Register online - www.acisports.com

Group Fitness - Block 2 Begins!

- ♣ Check out our NEW classes!
- ♣ Bounce, Boot Camp, Calorie Blaster, & Totally Toned
- ♣ Welcome our two new Zumba instructors - Isabel & Sam

Personal Training

- ♣ Signups this week **October 25th - 28th** @ Cardio Center front desk
- ♣ Participants receive one free assessment & three one-hour workouts with a trainer!