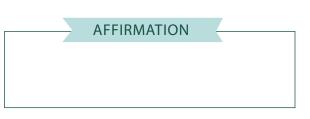
# FITNESS PLAN

### MONTHLY GOALS:





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		•				

### UREC

UREC offers many opportunities to help you reach your fitness goals. Add the options below or your own ideas to the calendar above! Details on the back.

**GROUP FITNESS** 

Sunrise Yoga Sculpt Yoga Quick Core Zumba Strength Training Cardio UREC ULift Stretching Personal Training PEP

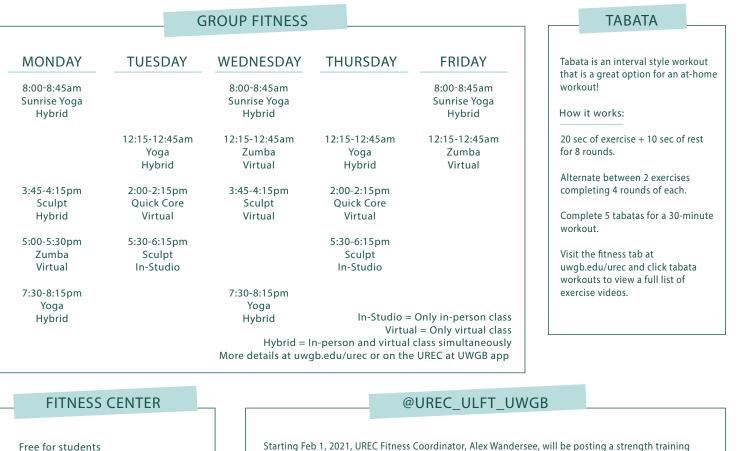
FITNESS CENTER

AT HOME Tabata Workout Virtual Class Stretching

PEP



# UREC FITNESS



Free for students Bring your Student ID

Registration:

Download "UREC at UWGB" app (free) Create account with @uwgb.edu email Register for a 75-minute time-slot

Equipment:

Strength Training (downstairs) Cardio (upstairs) Stretching (upstairs)

Hours:

January 25th - May 15th Monday - Thursday 6:30am-9:30pm Friday 6:30am-8:00pm Saturday 9:30-5:00pm Sunday 2:00-6:00pm

@urec\_uwgb
@URECuwgb
wandersa@uwgb.edu
uwgb.edu/urec

PERSONAL TRAINING

Follow @urec\_ulift\_uwgb on instagram to get started!

Great for all fitness levels.

Our Personal Training program gives you the chance to work one-on-one under the guidance of a Certified Personal Trainer.

#### Rates:

Single session 5 sessions 10 sessions

\$15.00 \$65.00 (\$13/session) \$120.00 (\$12/session)

workout every Monday and Tuesday using equipment in the Fitness Center (Kress).

Each workout will consist of 8-10 exercises and each exercise will include a video demo.

Registration:

Visit the personal training tab on the UREC at UWGB app or at uwgb.edu/urec and fill out a request form.

PEP

Personal Exercise Programs are training plans tailored to you by a certified personal trainer. Your trainer will meet with you once to demonstrate the exercises and then you can complete the program on your own.

Rates:

Personal Program \$40.00

Registration:

Visit the personal training tab on the UREC at UWGB app or at uwgb.edu/urec and fill out a request form.

