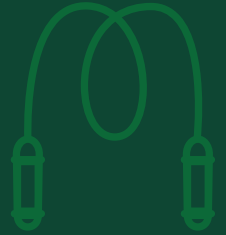
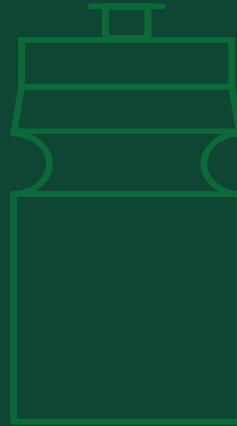




RANGER WELLNESS & FITNESS



EXERCISE CLASSES

FEB 1, 8, 15, & 22 | 4:15-5pm

SAC Dance Studio

This 45-minute exercise instructed by Marissa Delwiche will be a combination of strength conditioning and cardio using body weight and provided equipment. It includes a warm-up and cool-down with stretching. Great for all levels of fitness as modifications will be provided.

Participants should wear loose or athletic clothing they feel comfortable exercising in and tennis shoes. Bring a water bottle and towel.

FREE FOR EMPLOYEES!

Major in you.

Human Resources
Tallent Hall 280
262-595-2204 | hr@uwp.edu

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WISCONSIN **PARKSIDE**