



## Healthy Titans 2010 Mission

*We are dedicated to educating, motivating and empowering UW Oshkosh employees, their families and students to make healthy lifestyle choices that provide for their optimal health and overall quality of life.*



Return completed form to:  
**Kelly Beisenstein-Weiss**  
**Dept. of Kinesiology**  
**109 Albee Hall**  
**by June 12, 2008**

albee  
**FITNESS &**  
**STRENGTH TRAINING**  
center

hours of operation

**Monday + Wednesday**

**6:30-8:00 am**

**11:30 am-1:00 pm**

**Tuesday + Thursday + Friday**

**11:30 am-1:00 pm**

days of operation

**June 16-August 8**

**(closed on Friday, July 4)**

available equipment

**Treadmills**

**Eliptical Machines**

**Stationary Bikes**

**Stair Steppers**

**Free Weights**

**Life Fitness Machines**

**Stability and Medicine Balls,  
Mats, Bands, Balance equipment**

9 Albee Hall | UW Oshkosh  
776 Algoma Blvd | Oshkosh WI 54902

**HEALTHY  
TITANS 2010  
FITNESS  
PROGRAM**

**Summer  
2008**

Healthy Titans 2010 Fitness Program is open to all University employees and includes a variety of options to fit your needs. Look inside for details.

**HEALTHY  
TITANS 2010  
FITNESS  
PROGRAM**

# Summer 2008

**\$30**

**Full Access**

access to all group exercise classes

**\$10**

**Group Exercise 1**

access to Muscle Mix OR Yoga OR Water Aerobics

**\$20**

**Group Exercise 2**

access to Pilates OR Aerobics

**\$10**

**Fitness&Strength**

access to the Albee Fitness & Strength Training Center

## GROUP EXERCISE SCHEDULE

	monday	tuesday	wednesday	thursday	friday
6:45-7:30		Pilates		Pilates	
11:45-12:30	Yoga^	Aerobics*	Muscle Mix	Aerobics*	
11:45-12:30	Water Aerobics				

all classes held in Kolf 142, except Deep Water Aerobics classes are held in Albee Pool lockers available in Kolf for all participants

\*aerobics classes could consist of Step, Hi-Low, or Zumba<sup>(R)</sup> Detailed schedule tba

^yoga meets in June and July only

classes start the week of June 16, 2008

## REGISTRATION FORM

name \_\_\_\_\_

classified staff \_\_\_\_ unclassified staff/faculty \_\_\_\_

department \_\_\_\_\_

building & room # \_\_\_\_\_

work phone \_\_\_\_\_

e-mail \_\_\_\_\_

home address \_\_\_\_\_

city \_\_\_\_\_ zip \_\_\_\_\_

home phone \_\_\_\_\_

payment (due with registration form)

\_\_\_\_ check (payable to healthy titans 2010)

\_\_\_\_ credit card

card number \_\_\_\_\_

expiration date \_\_\_\_ / \_\_\_\_ / \_\_\_\_

cardholder's name \_\_\_\_\_

signature \_\_\_\_\_

program options (check one)

\_\_\_\_\_ **Full Access - \$30**

\_\_\_\_\_ **Group Exercise 1 - \$10**

\_\_\_\_\_ **Group Exercise 2 - \$20**

\_\_\_\_\_ **Strength&Fitness - \$10**