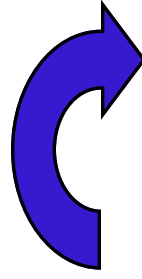


## Healthy Titans 2020 Mission

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*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:

Healthy Titans 2020 Fitness Program

Department of Kinesiology

108 Albee Hall

[healthytitans@uwosh.edu](mailto:healthytitans@uwosh.edu)

(920) 424-0834

# albee FITNESS & Strength Training center

Hours of Operation:

Monday—Friday

6:00-8:00 a.m.

11:00 a.m.-2:00 p.m.

3:30-5:30 p.m.

\*\*Albee will be open during the 3 week interim from January 3rd—20th, hours may vary.

Available Equipment:

**Treadmills**

**Elliptical Machines**

**Stair Steppers**

**Stationary Bikes**

**Free Weights**

**Life Fitness Machines**

**Stability Balls**

**Resistance Bands**

**Stretching Area**

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# Healthy Titans 2020 Fitness Program

## 2011-2012

September 7th 2011 — May 12th 2012

It's a great day to  
be a Healthy Titan!



Open to all University employees, spouses/domestic partners and retirees. Costs are for the **academic year**.

**Fitness Center**

\$ 25—Access to Albee Fitness and Strength Training Center

**Full Access**

\$70—Access to Ablee Fitness and Strength Training Center plus group exercise classes including Muscle Mix, Step, Core, and Zumba! Additional fee for Yoga or Pilates.

**Total Titan**

\$90—One to two weekly sessions of personal training with a student fitness specialist + fitness assessment + access to the Albee Fitness & Strength Training Center + Access to group exercise classes. Additional fee for Yoga or Pilates.

**Group Exercise Classes**

\$50—Attend as many Muscle Mix, Step Aerobics, Core & Zumba classes as you like!

\$40—Yoga or Pilates classes

# Group Exercise Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
	<u>Muscle Mix</u> 6:30 am - 7:15 am			
<u>Zumba</u> 11:40 am - 12:25 pm	<u>Pilates</u> 11:30 am - 12:15 pm	<u>Muscle Mix</u> 11:30 am - 12:15 pm	<u>Pilates</u> 11:30 am - 12:15 pm	<u>Zumba</u> 11:40 am - 12:25 pm
<u>Step Aerobics</u> 12:40 pm - 1:25 pm	<u>Yoga</u> 12:30 pm - 1:15 pm	<u>Core</u> 12:30 pm - 1:15 pm		<u>Step Aerobics</u> 12:40 pm - 1:25 pm
<u>Yoga</u> 4:45 pm - 5:30 pm				

**Registration Form**

Name \_\_\_\_\_  
 UWO Employee  Retiree  
 Spouse/Domestic Partner

Department \_\_\_\_\_

Building & Room No. \_\_\_\_\_

Work Phone \_\_\_\_\_

E-mail: \_\_\_\_\_

Home Address \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_

Cell/Home Phone \_\_\_\_\_

**Payment (due with registration form)**

Check (payable to Healthy Titans 2020)

Credit Card

Card No. \_\_\_\_\_

Expiration Date \_\_\_\_ / \_\_\_\_

Cardholder's Name \_\_\_\_\_

Signature \_\_\_\_\_

**Program Options** (Please check all that apply.)

Fitness Center - \$25

Full Access - \$70

Personal Training - \$90

Preferred time to train:    am    noon    pm

Preferred trainer:        male    female

**Group Exercise Classes**

Muscle Mix, Step Aerobics, Core & Zumba- \$50

Yoga - \$40

Pilates - \$40

Total: \_\_\_\_\_