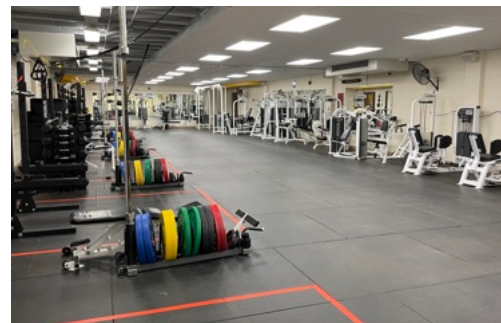




UW-Oshkosh Healthy Titans Program 2023-2024



Personal Training

Train with our senior-level student clinicians one or two times per week. Sessions are available in-person or virtual.

Includes:

- Pre- and post fitness assessments
- Weekly training sessions
- Individual or partner training options

Membership Options:

Total Titan 1x: 1 session/wk
Total Titan 2x: 2 sessions/wk

Group Fitness

Classes are held Monday through Friday and include yoga, cycling, strength based workouts and TRX®.

Classes can be attended virtually or in-person.

Please email harrellk@uwosh.edu to receive the links to participate virtually.

Membership Options:

Group Fitness Only
Full Access: includes classes and fitness center access.

Fitness Center

The Albee Strength & Fitness Center offers cardio equipment, free weights, machine-based strength equipment & so much more! Check out our revamped floor plan to allow members more space and equipment options.

Our Full Access membership includes fitness center access and group fitness classes.

Membership Options:

Fitness Center Access
Full Access: includes classes and fitness center access.

Please don't hesitate to contact us at healthytitans@uwosh.edu or visit our website:
<https://uwosh.edu/kinesiology/healthy-titans/>