

**Discover how you
can save some
\$\$\$\$ CASH \$\$\$\$**



CHOOSING WELLNESS...HEALTHY MIND AND FIT BODY

Start the fall with a WIN-WIN situation. You know the benefit of participating in a regular fitness program, and who doesn't want to save cash money - especially these days!! So, we put together a fitness plan for your body and your pocketbook.

Do you know of someone that is interested in improving their fitness level, but needs a little incentive? Or maybe it's your friend that participated in Choosing Wellness...Healthy Mind and Fit Body in the past, but has gotten away from attending. You can get them help with fitness and save some cash. Here's how it works:

1. Recruit an individual/s to register for Choosing Wellness...Healthy Mind and Fit Body. This person could be new to the class or someone that has not taken the class since summer of 2007.
2. Enclosed are two registration forms, one for you to renew, and one for a friend or past registrant. They may register in person, online, through the mail or by phone.
3. The registrant must identify you as the recruiter.
4. For each individual that identifies you as the recruiter, you will receive a coupon for \$20.
5. This coupon will be redeemable for the 2010 Winter-Spring Choosing Wellness...Healthy Mind and Fit Body Fitness Session and must accompany your registration fee.

CHOOSING WELLNESS...HEALTHY MIND AND FIT BODY

Are you looking for...

- Increased heart-health?
- Improved lung function?
- Increased weight management?
- Increased resistance to disease?

- Better mood?
- Better Sex???

No, it's not a miracle pill or program. The secret to all of these effects is exercise. So why not give it a try in an environment that is friendly and comfortable regardless of your size, shape, age, weight, or fitness level? Classes consist of...

- Warm-up and stretching
- 30 minutes of circuit training – weight lifting and aerobics
- Presentations about nutrition, health facts, and much, much more!

Instructor: Thain Jones, B.S., Biology and Physical Education, Personal Trainer, Coach and UWFox Office of Continuing Education Fitness Instructor for over 20 years.

Twenty one Mondays and Wednesdays; September 9, 2009 – January 27, 2010;
4:30 pm or 5:30 pm; UWFox Fitness Center, Room 1914

Twenty one Tuesdays and Thursdays; September 8, 2009 – January 28, 2010; 8:00 am
or 8:45 am; UWFox Fitness Center, Room 1914

PAYMENT OPTIONS:

Option 1 – The Premium Plan (No contract required)

Fee: \$179; \$153 Early Bird Discount when payment is received before August 27, 2009. This plan is the best value for your dollar. Additionally, this plan gives you personal consultations with the instructor and use of the fitness center above and beyond scheduled sessions any time the campus is open and when no other UWFox classes are in session.

Option 2 – Punch Card Plan

Fee: 10 classes, \$59 • 25 classes, \$125. This plan is best for those who know they will be unable to attend all the regularly scheduled classes. Individuals utilizing passes have access to the fitness center only during class times when the continuing education instructor is present to validate your pass. Passes may be shared among individuals living at the same address and expire one year after they are issued.

REGISTRATION FORM

Pre-registration is required for all classes. Registrations along with course fees are due in the Office of Continuing Education five working days prior to the start of class. Payment needs to accompany your registration form. Payment methods include:

1. **Online registration--**www.uwfox.uwc.edu/conted MasterCard or Visa only

2. **By mail:**

UWFox; Office of Continuing Education
1478 Midway Road, Menasha, WI 54952

3. **By phone** -- 920-832-2636 MasterCard or Visa

4. **In person:**

UWFox; Office of Continuing Education, Room 1714
1478 Midway Road, Menasha, WI 54952

Name _____

Address _____

City _____ WI Zip _____

Credit Card Number _____ Vcode _____

MC ___ Visa ___ Exp. Date _____ Receipt will be sent with new ID card (s)

RECRUITED BY: _____

I WILL BE ATTENDING THE FOLLOWING SESSION:
_____ Monday and Wednesday Session _____ Tuesday and Thursday Session

Gender: Male: _____ Female: _____ Year born: _____

Age: B ___ 18-34; C ___ 35-49; D ___ 50-64; E ___ 65+

Race/Ethnicity: A. ___ Black (not of Hispanic Origin); B ___ Asian/Pacific Island
C ___ Amer. Indian or Alaskan; D ___ Hispanic; E ___ Caucasian

Occupation:

- | | |
|------------------------------------|---|
| _____ 1) Agriculture, Forestry | _____ 8) Public Administration |
| _____ 2) Educational Services | _____ 9) Retail Trade |
| _____ 3) Engineering, Architecture | _____ 10) Social, Recreation, Religious |
| _____ 4) Finance, Real Estate | _____ 11) Transportation,
Communications Services, or
Utilities |
| _____ 5) Health Services | _____ 12) Wholesale |
| _____ 6) Manufacturing | _____ 13) Other |
| _____ 7) Protective | |