COMMUNITY WELLNESS PROGRAMS
PHYSICAL ACTIVITY AND WELLNESS LAB

ADULT GROUP EXERCISE PROGRAM

Monthly Sessions: $54 or 4-Month Package: $200
Mon & Wed or Tue & Th 5:15-6:00pm or Tu & Th 6:00-6:45am
Provide qualified instruction and supervision for exercise programming in a
combination of cardiovascular and strength training to improve fitness and health for ALL
fitness levels in a group environment.

INDIVIDUAL PERSONAL TRAINING

8 Sessions Cost: $100
Exercise 2 days/week by appointment with a certified exercise coach and/or trained
exercise science student. Our staff will design a personal exercise program for you and
keep you accountable to reach your goals. Client to staff ratio after the first two weeks is
typically 3:1.

To Register
www.unk.edu/pawl
under COMMUNITY PROGRAMS
or call
Jon Larsen
865-8336

All Classes held at UNK in the
New Wellness Center
2nd Floor Physical Activity and
Wellness Lab

Community Wellness Programs are sponsored by:

With over 24 years of
experience, Jon
Larsen will create
and oversee the
exercise programs.