Combinations and variations of cardiovascular and strength training to improve fitness and health for all fitness levels.

- Certified exercise specialists to design daily workout plans based on individual needs.
- Trained staff to work with small groups in a non-intimidating, private exercise room.
- Designed for individuals starting a program as well as individuals wanting to add variety in their workouts.

4 Week Sessions run January through May

COST: $48/month for 2 sessions/week

TIMES: After Work Fitness – 5:15-6:00pm Mondays and Wednesdays
       OR 5:15-6:00pm Tuesdays and Thursdays

LOCATION: UNK, Wellness Center 2nd Floor Physical Activity and Wellness Lab

CLICK HERE TO REGISTER TODAY!

Certified Strength and Conditioning Coach with over 24 years of experience, Jon Larsen will create and oversee the exercise programs.