De-Stress & Earn Credit Towards Your GPA with Sport & Rec Classes

Search and Register at: paws.uwm.edu

Classes Run: Full & Half Semesters in Fall & Spring!

View all Classes: uwm.edu/sptrec
Fall half semester classes for 1-2 credits start **10/29**. Spring classes start **1/22** or **3/25**.

Usually students can include a class at **no additional tuition cost** (if your total credits are between 12-18). Register by searching “Sport & Recreation” under subject and the class title under keyword at: [paws.uwm.edu](http://paws.uwm.edu)

Sample of classes listed below. Go to [uwm.edu/sptrec](http://uwm.edu/sptrec) for a full list.

**Yoga I**

SPT&REC 112

Fall Classes Run: 10/29-12/13


Mon/Wed: 8-9:20AM 08 3:30-9:50AM 06 12:30-1:50PM 06 2-3:20PM

Tue/Thur: 8-9:20AM 06 9:30-10:50AM 06 3:30-4:50PM

Tue: 1-2:20PM 06 5:30-8:20PM 06 Thur: 5:30-8:20PM

**Yoga II**

SPT&REC 113

Fall Classes Run: 10/29-12/13


Mon/Wed: 8-9:20AM 06 9:30-10:50AM 06 11:30AM-12:50PM 06 2-3:20PM

Tue/Thur: 11:30AM-12:50PM

Thur: 9:30-10:50AM 06 Fri: 9-11:50AM

**Energy Vinyasa Yoga**

SPT&REC 296

Spring Class Runs: 1/22-5/9

Wed: 6-7:50PM

**Yoga for Stress Management**

SPT&REC 298

Spring Class Runs: 1/22-5/9

Fri: 10-11:20AM

**Meditation with a Touch of Yoga**

SPT&REC 298

Spring Class Runs: 1/22-5/9

Mon: 3-4:50PM

**Art of Being Still: Unplugging**

SPT&REC 298

Fall Class Runs: 10/29-12/13

Spring Class Runs: 1/22-3/16 06 3/25-5/9

Tue/Thur: 8-9:20AM

**Essential Oils, Herb & Spices**

SPT&REC 298

Spring Class Runs: 1/22-3/16 06 3/25-5/9

Tue/Thur: 8:9-20AM

**Get Intuition**

SPT&REC 298

Spring Class Runs: 1/22-3/16

Mon: 4-6:45PM

**Introduction to Relaxation & Meditation**

SPT&REC 298

Spring Class Runs: 1/22-3/16 06 3/25-5/9

Tue/Thur: 2:2-5:0PM 06 3:3-5:0PM

Mon: 6-7:50PM 06 Thur: 1-2:50PM

**Intermediate Relaxation & Meditation**

SPT&REC 298

Fall Class Runs: 10/29-12/13

Spring Classes Run: 1/22-3/16 06 3/25-5/9

Mon/ Wed: 2:2-5:0PM 06 Mon: 6-7:50PM

**Meditation**

SPT&REC 298

Spring Classes Run: 1/22-5/9

Mon/ Wed: 11-11:50AM 06 1-1:50PM

Tue: 1-2:50PM 06 3:30-5:20PM

Wed: 3:4:50PM 06 6:30-7:50PM

Thur: 1-2:50PM

**Meditation, Mindfulness & Stress Reduction**

SPT&REC 298

Spring Classes Run: 1/22-5/9

Tue: 11:30AM-12:20PM

Thur: 10-10:50AM 06 11:30AM-12:20PM

**Meditation: Mindfulness and Eating**

SPT&REC 298

Spring Class Runs: 3/25-5/9

Wed: 3:4-50PM

**Meditation in the 21st Century 06 Mind Body Awareness 06 Mindfulness Meditation**

SPT&REC 298

Fall Class Runs: 10/29-12/13

Spring Class Runs: 1/22-3/16 06 3/25-5/9

Online: Anytime

**Wellness: The Art of Conscious Living**

SPT&REC 298

Spring Class Runs: 3/25-5/9

Tue/Thur: 6-7:50PM

**Pilates**

SPT&REC 296

Fall Class Runs: 10/29-12/13


Mon/ Wed: 11:30AM-12:50PM 06 1-2:20PM

Tue/Thur: 12:30-1:50PM 06 2-3:20PM 06 11:30AM-12:20PM

Sat: 12:30-3:20PM

**Pilates II**

SPT&REC 296

Fall Class Runs: 10/29-12/13

Spring Class Runs: 1/22-3/16 06 3/25-5/9

Tue/Thur: 2:3-20PM

Stay in Shape & Earn Credit Towards Your GPA with Sport & Rec Classes

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**Boxing Conditioning**  
**SPT&REC 296**  
Spring Class Runs: 1/22-5/9  
**Wed:** 11AM-12:20PM

**Cardio Kickboxing**  
**SPT&REC 296**  
Fall Classes Run: 10/29-12/13  
Spring Classes Run: 1/22-3/16 or 3/25-5/9 or 1/22-5/9  
**Mon/Wed:** 2-3:20PM or 7-8:20PM or 7:30-8:50PM  
**Tue/Thur:** 7:30-8:50AM or 3:30-4:50PM or 7-8:20PM  
**Tue:** 5-6:20PM  
**Fri:** 12-1:20PM  
**Sat:** 9-10:20AM

**Advanced Cardio Kickboxing**  
**SPT&REC 296**  
Fall Class Runs: 10/29-12/13  
Spring Class Runs: 3/25-5/9  
**Tue/Thur:** 7-8:20PM

**Cardio Hip Hop**  
**SPT&REC 296**  
Spring Classes Run: 1/22-3/16 or 3/25-5/9  
**Tue/Thur:** 7-8:20PM

**Outdoor Beach Body Boot Camp**  
**SPT&REC 296**  
Spring Class Runs: 3/25-5/9  
**Tue/Thur:** 10-11:20AM

**POUND**  
**SPT&REC 296**  
Spring Class Runs: 1/22-5/9  
**Tue/Thur:** 7:30-8:20PM

**Introduction to Running**  
**SPT&REC 295**  
Spring Class Runs: 3/25-5/9  
**Mon/Wed:** 11AM-12:20PM

**Running for Fun and Fitness**  
**SPT&REC 295**  
Spring Class Runs: 3/25-5/9  
**Online:** Anytime

**Tighten Up: Abs, Glutes & Thighs Part I**  
**SPT&REC 296**  
Spring Class Runs: 3/25-5/9  
**Tue/Thur:** 9-10:20AM

**Tighten Up: Abs, Glutes & Thighs Part II**  
**SPT&REC 296**  
Spring Class Runs: 3/25-5/9  
**Tue/Thur:** 9-10:20AM

**Total Body Conditioning**  
**SPT&REC 296**  
Spring Class Runs: 1/22-5/9  
**Mon:** 8-8:50AM

**Weight Training with Cardio Workout**  
**SPT&REC 296**  
Spring Class Runs: 1/22-5/9  
**Mon/Wed:** 2-2:50PM  
**Tue:** 2-2:50PM

**Small Group Personal Strength Training**  
**SPT&REC 296**  
Spring Class Runs: 1/22-3/16  
**Tue/Thur:** 3-4:20PM

**Weight Training I**  
**SPT&REC 114**  
Spring Classes Run: 1/22-5/9  
**Mon/Wed:** 8-8:50AM or 9-9:50AM or 10-10:50AM  
**Tue/Thur:** 8:50AM or 9-9:50AM

**Weight Training II**  
**SPT&REC 115**  
Spring Class Runs: 1/22-5/9  
**Tue/Thur:** 10-10:50AM

**Check Out Other Sport & Recreation Classes**

**Zumba Fitness**  
**SPT&REC 292**  
Fall Class Runs: 10/29-12/13  
Spring Classes Run: 1/22-3/16 or 3/25-5/9  
**Mon/Wed:** 3:30-4:50PM

**Pilates**  
**SPT&REC 296**  
Fall Class Runs: 10/29-12/13  
Spring Classes Run: 1/22-3/16 or 3/25-5/9 or 1/22-5/9  
**Mon/Wed:** 11:30AM-12:50PM or 1-2:20PM  
**Tue/Thur:** 12:30-1:50PM or 2-3:20PM or 11:30AM-12:20PM  
**Sat:** 12:30-3:20PM

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**Badminton**  
SPT&REC 295  
Fall Class Runs: 10/29-12/13  
Spring Class Runs: 3/25-5/9  
Mon/Wed: 9:30-10:50AM

**Basketball**  
SPT&REC 176  
Spring Classes Run: 1/22-5/9  
Fri: 8:9:50AM-10-11:50AM

**Coaching Basketball Philosophies**  
SPT&REC 295-309  
Spring Class Runs: 1/22-5/9  
Mon/Wed: 10-10:50AM

**Sport Officiating - Basketball**  
SPT&REC 100  
Spring Class Runs: 1/22-5/9  
Fri: 10-11:50AM

**Golf**  
SPT&REC 166  
Spring Class Runs: 3/25-5/4  
Tue/Thur: 11AM-12:50PM

**Handball**  
SPT&REC 179  
Spring Class Runs: 1/22-5/9  
Tue/Thur: 2-2:50PM

**Handball II**  
SPT&REC 295  
Spring Class Runs: 1/22-5/9  
Tue/Thur: 2-2:50PM

**Lifeguard Training**  
SPT&REC 289  
Spring Class Runs: 1/22-5/9  
Mon/Wed: 8-8:50AM

**Racquetball I**  
SPT&REC 180  
Spring Class Runs: 1/22-5/9  
Tue/Thur: 9-9:50AM

**Racquetball II**  
SPT&REC 181  
Spring Class Runs: 1/22-5/9  
Tue/Thur: 9-9:50AM

**Outdoor Soccer I**  
SPT&REC 295  
Spring Class Runs: 3/25-5/4  
Mon/Wed: 4:30-6:20PM

**Outdoor Soccer II**  
SPT&REC 295  
Spring Class Runs: 3/25-5/4  
Mon/Wed: 4:30-6:20PM

**Indoor Soccer**  
SPT&REC 295  
Spring Class Runs: 1/22-5/9  
Fri: 9-9:50AM

**Indoor Soccer II**  
SPT&REC 295  
Spring Class Runs: 1/22-5/9  
Fri: 10-10:50AM

**Swim I**  
SPT&REC 120  
Spring Classes Run: 1/22-5/9  
Mon/Wed: 9-9:50AM  
10-10:50AM  
Tue/Thur: 8-8:50AM

**Swim II**  
SPT&REC 121  
Spring Class Runs: 1/22-5/9  
Tue/Thur: 9-9:50AM

**Tennis I**  
SPT&REC 182  
Spring Classes Run: 3/25-5/4  
Tue/Thur: 4:5-5:50PM  
6-7:50PM

**Volleyball**  
SPT&REC 191  
Spring Classes Run: 1/22-5/9  
Mon/Wed: 8-8:50AM  
Tue/Thur: 10-10:50AM

**Volleyball II**  
SPT&REC 192  
Spring Class Runs: 1/22-5/9  
Mon/Wed: 10-10:50AM

DANCE WITH a Sport & Rec Class

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**Ballet Barre Fitness I**  
SPT&REC 296  
Spring Class Runs: 1/22-3/16  
Tue/Thur: 8-9:20AM

**Ballroom Dance**  
SPT&REC 130  
Spring Class Runs: 1/22-3/16  
Tue/Thur: 12:30-1:50PM

**Cardio Hip Hop**  
SPT&REC 296  
Spring Class Runs: 3/25-5/9  
Tue/Thur: 11AM-12:20PM

**Beginning Hoola Hoop Dance**  
SPT&REC 292  
Spring Class Runs: 3/25-5/9  
Tue/Thur: 10-11:20AM

**Poi and Hoop Dance**  
SPT&REC 292  
Fall Class Runs: 10/29-12/13  
Spring Class Runs: 3/25-5/9  
Tue/Thur: 11AM-12:20PM

**Salsa, Merengue & Bachata**  
SPT&REC 292  
Fall Class Runs: 10/29-12/13  
Spring Class Runs: 3/25-5/9  
Mon/Wed: 11AM-12:20PM  
Tue/Thur: 12:30-1:50PM

**Swing & Salsa Dance**  
SPT&REC 292  
Spring Class Runs: 3/25-5/9  
Mon/Wed: 9:30-10:50AM

**American Tribal Style Belly Dance**  
SPT&REC 292  
Spring Class Runs: 1/22-5/9  
Tue: 4-5:50PM

**Zumba Fitness**  
SPT&REC 292  
Fall Class Runs: 10/29-12/13  
Spring Class Runs: 1/22-3/16  
Mon/Wed: 3:30-4:50PM

Check Out Other Sport & Recreation Classes

**Cardio Kickboxing**  
SPT&REC 296  
Fall Classes Run: 10/29-12/13  
Spring Classes Run: 1/22-3/16  
Mon/Wed: 2-3:20PM  
Tue/Thur: 7:30-8:50AM  
Tues: 5:30-8:20PM

**Ceramics: Painting & Design**  
SPT&REC 291  
Fall Class Runs: 10/29-12/13  
Spring Classes Run: 1/22-3/16

**International Cuisines**  
SPT&REC 291  
Fall Class Runs: 10/29-12/13  
Spring Classes Run: 1/22-3/16  
Wed: 3:30-6:20PM  
6:30-9:20PM

**Meditation in the 21st Century**  
**Mind Body Awareness**  
**Mindfulness Meditation**  
SPT&REC 298  
Fall Classes Run: 10/29-12/13  
Spring Classes Run: 1/22-3/16  
Mon/Wed: 11:30AM-12:50PM  
1-2:20PM

**Table Tennis**  
SPT&REC 289  
Fall Classes Run: 10/29-12/13, Spring Classes Run: 3/25-5/9  
Mon/Wed: 10-11:20AM  
11:30AM-12:50PM  
1-2:20PM

**Yoga I**  
SPT&REC 112  
Fall Classes Run: 10/29-12/13  
Spring Classes Run: 1/22-3/16  
Mon/Wed: 8-9:20AM  
12:30-1:50PM  
Tue/Thur: 8-9:20AM  
9:30-10:50AM  
1-2:20PM  
Thur: 5:30-8:20PM

**Winter Camping**  
SPT&REC 294  
Fall Classes Run: 10/29-12/13, Spring Class Runs: 1/22-5/9  
Tue: 4:45PM

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