

SUMMER 2026

FitWell COURSES

Fitness • Wellness • Sport 1- AND 2-CREDIT // IN-PERSON OR ONLINE



**4 week: JUNE 1 - JUNE 27
6 week: JUNE 1 - JULY 11**

6 week: JUNE 15 - JULY 25

**6 week: JUNE 29 - AUG 8
8 week: JUNE 29 - AUG 22**

**Save your seat.
Sign-up EARLY!**

**REGISTER ON PAWS OR STELLIC
uwm.edu/fitwell**



Joseph J. Zilber
College of Public Health



FitWell Program

Our program promotes individual health, well-being and skill-building through fun and engaging courses. Experience Fitness, Wellness and Sport.

Why take a FitWell course?

Staying physically active, gaining new skills, finding new creative outlets, and reducing stress can improve your wellness and enhance your academic work. FitWell moves you to play, create, explore, connect, discover and thrive.

Learn and earn credits

FitWell courses count toward undergraduate general elective credits and GPA.

How many courses are available this semester?

11 different 1- and 2-credit activity courses are offered with in-person or online options.

**Course offerings are subject to change.*

Where are courses held?

Most Summer courses are online. Some are held off campus.

When are FitWell courses offered?

Full semester courses are offered in Fall and Spring. Semesters are 15-16 weeks.

Half semester courses are offered each

Fall and Spring semesters in 7- or 8-week sessions.

– Early (beginning of the semester)

– Midterm (middle of the semester)

UWinteriM is 2 weeks.

Summer semester is 4, 6 or 8 weeks.

Questions?

Contact us at fit-well@uwm.edu

Open Enrollment starts APRIL 4.

EARLY

4 week: JUNE 1 - 27

6 week: JUNE 1 - JULY 11

Enrollment closes JUNE 3.

MIDTERM

6 week: JUNE 15 - JULY 25

Enrollment closes JUNE 12.

6 week: JUNE 29 - AUG 8

8 week: JUNE 29 - AUG 22

Enrollment closes JULY 1.

TABLE OF CONTENTS

ABOUT FITWELL	1
How to Register	2
COURSES	3
Frequently Asked Questions	4

LOCATIONS

[Bradford Beach](#)

2400 N. Lincoln Memorial Drive

[Milwaukee Yacht Club, Jr. Clubhouse](#)

1700 N. Lincoln Memorial Drive



[INTERACTIVE MAP](#)





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FitWell

Fitness • Wellness • Sport

How to Register

DISCOVER COURSES

uwm.edu/fitwell

1

GET COURSE NUMBERS

bit.ly/uwmfitwellcatalogs

2

REGISTER IN PAWS OR STELLIC

bit.ly/uwmpaws
bit.ly/uwmstellic

3

INVITE YOUR FRIENDS!

COURSES
that move me.



SIGN-UP EARLY! ENROLL 3 – 4 WEEKS BEFORE THE START OF CLASSES.

56+
COURSES

40+
INSTRUCTORS

COURSES
VARY EACH
SEMESTER

ACTIVE

BALLROOM DANCE
BEACH SPORTS
SALSA, MERENGUE
& BACHATA
BRAZILIAN JIU JITSU I & II
MUAY THAI KICKBOXING
MIXED MARTIAL ARTS
SELF-DEFENSE
TOTAL BODY CONDITIONING
PHYSICAL CONDITIONING
FITNESS WALKING
RUNNING
WEIGHT TRAINING I & II
SWIM

CREATIVE

COOKING
DIGITAL PHOTOGRAPHY
FLORAL DESIGN

COMPETITIVE

BADMINTON
BASKETBALL
GOLF
HANDBALL
PICKLEBALL
RACQUETBALL
TENNIS
SOCCER
VOLLEYBALL
COACHING
PHILOSOPHIES

STRATEGIC

BILLIARDS & POOL
BOWLING
ROCKET LEAGUE
FOR BEGINNERS
STRATEGY GAMES

ADVENTURE

BACKPACKING
BICYCLE ROAD RIDING
BICYCLE MAINTENANCE
OFF ROAD BICYCLING
ROCK CLIMBING
SCUBA
SNOWBOARDING

MINDFUL

BREATHWORK
MEDITATION
MINDFUL MOVEMENT
YOGA

NO
EXPERIENCE
NECESSARY



BUILD SKILLS



ACTIVE



DE-STRESS



BELONG

ELECTIVE
GPA

NO ADDITIONAL UNDERGRADUATE TUITION IF CREDITS ARE 12-18 DURING FALL OR SPRING.

Check the [Schedule of Classes](#) for an up-to-date official listing of all classes offered in each term at UWM.

-2-



EARLY: 4 week: JUNE 1 - 27

Enrollment closes JUNE 3.

CATALOG	SECTION	CLASS	COURSE TITLE	DAY	TIME	LOCATION
161	201	61471	Bowling I	Online		

EARLY: 6 week: JUNE 1 - JULY 11

Enrollment closes JUNE 3.

CATALOG	SECTION	CLASS	COURSE TITLE	DAY	TIME	LOCATION
110	201	61469	Physical Conditioning	Online		
298	291	61473	Meditation in the 21st Century – 2 credit	Online		
298	293	61474	Mind Body Awareness – 2 credit	Online		

MIDTERM: 6 week: JUNE 15 - JULY 25

Enrollment closes JUNE 12.

CATALOG	SECTION	CLASS	COURSE TITLE	DAY	TIME	LOCATION
112	202	61470	Yoga I	Online		
295	292	61472	Running For Fun & Fitness	Online		

6 week: JUNE 29 - AUG 8

Enrollment closes JULY 1.

CATALOG	SECTION	CLASS	COURSE TITLE	DAY	TIME	LOCATION
289	151	61917	Sailing	M	10:00 – 11:50 am	MKE Yacht Club
295	107	61918	Bradford Beach Sports	TR	10:00 – 11:15 am	Bradford Beach
298	296	61475	Be Kind to Your Mind	Online		
298	298	61476	Introduction to Relaxation & Meditation	Online		

8 week: JUNE 29 - AUG 22

Enrollment closes JULY 1.

CATALOG	SECTION	CLASS	COURSE TITLE	DAY	TIME	LOCATION
298	297	61477	Rewire Your Anxious Mind for Peace – 2 credit	Online		





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FREQUENTLY ASKED QUESTIONS

We're here to help!

Contact us if you have questions or need assistance.

Call: 414-227-3123

Email: fit-well@uwm.edu

What kinds of courses are available?

FitWell offers more than 60 different 1- and 2-credit activity courses with in-person, online, and hybrid options. Gain experience and build skills in physical activities, sports, recreation and wellness courses.

[Check out the possibilities!](#)

Which courses are offered this semester?

Get the most up-to-date information (day, time, location and instructor) in the [Schedule of Classes \(SOC\)](#). Select the semester, select "FITWELL" under Any Subject.

When should I register for a course?

Save your seat! Register at least 3-4 weeks before the start of classes to ensure you get a seat.

How do I register for a course?

[Register in PAWS](#) or [Stellic](#). Select "FitWell" under the Subject. Type the class title under keywords. Watch this video for help with how to ["Add a Class in PAWS."](#)

Can I get a copy of a previously used syllabus?

Yes. Email fit-well@uwm.edu if you would like a copy of a previously used syllabus.

Will I be challenged in these courses?

Many courses are offered at various levels, all instructors personalize the courses so that experienced students are challenged while allowing beginners to grow at the pace that is best for them.

Do these credits count toward my GPA?

FitWell courses count toward undergraduate general elective credits and your UW-Milwaukee GPA.

Can I take courses out of order (i.e., Yoga II before Yoga I)? Some courses have prerequisites, but most courses don't. Take courses in the order that best fits your schedule and is based on your experience. If you are unsure which level to take, please contact an instructor to determine the best fit.

Can I take courses at no extra cost?

Undergraduates can add a full or half semester course at *no additional tuition cost** ([if total credits are 12-18](#)).

Are there extra fees for supplies and equipment?

Some FitWell courses charge a special fee to cover the cost of specialized equipment, uniforms, etc. View additional special fees in PAWS or the [Schedule of Classes](#) or visit [Registrar's Office Course Fees](#).

Can Associate-level students take FitWell courses?

Associate-level (2-year degree) students interested in taking a FitWell course need approval from their associate advisor and the course instructor. Tuition is assessed at the undergraduate level. For more information go to [Enrollment & Financial Services Website](#) and/or talk to your Advisor.

Can Graduate students take FitWell courses?

Yes, but receive undergraduate credit only. Graduate-level tuition rates apply if enrolled for credit. Reach out to the [Graduate School](#) or your Advisor. Check with [Student Financial Services Office](#).

Can I audit a FitWell course?

Instructor permission not required unless the student is a 60+/disabled auditor. [FitWell Auditing Guidelines](#).
[More Auditing Guidelines](#)

CREATIVE | ACTIVE | COMPETITIVE | STRATEGIC | OUTDOOR | MINDFUL



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IMPORTANT DATES 2025 – 2026

FALL

SOC released MAR 25.

Open Enrollment starts MAY 3.

FULL: SEPT 2 – DEC 11

Enrollment closes SEPT 8.

EARLY: SEPT 2 – OCT 25

Enrollment closes SEPT 3.

MIDTERM: OCT 27 – DEC 11

Enrollment closes OCT 29.

UWinteriM

SOC released OCT 2.

Open Enrollment starts OCT 18.

FULL: JAN 12 – JAN 22

Enrollment closes JAN 12.

SPRING

SOC released OCT 27.

Open Enrollment starts DEC 6.

FULL : JAN 26 – MAY 13

Enrollment closes JAN 30.

EARLY: JAN 26 – MAR 21

Enrollment closes JAN 28.

MIDTERM: MAR 30 – MAY 13

Enrollment closes APR 1.

SUMMER

SOC released JAN 12.

Open Enrollment starts APR 4.

EARLY : JUN 1 – JULY 11

Enrollment closes JUN 3.

MIDTERM: JUNE 15 – JULY 25

Enrollment closes JUN 17.

6 week: JUNE 29 - AUG 8

8 week: JUNE 29 - AUG 22

Enrollment closes JULY 1.





FitWell

Fitness • Wellness • Sport

moves me to

play

create

explore

connect

discover

thrive

EARN
1-2 CREDITS

IN-PERSON & ONLINE



uwm.edu/fitwell

ACTIVE | CREATIVE | STRATEGIC | MINDFUL | ADVENTURE | COMPETITIVE



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Sign-up early to save your seat!

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