





## FitWell Program

Formerly known as “Sport & Recreation,” 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?

Improve your wellness and enhance your academic work by staying physically active, gaining new skills, finding new creative outlets and reducing stress.

### Learn and earn credits

FitWell courses count toward undergraduate general elective credits and GPA. Usually, you can add a full or half semester course at *no additional tuition cost* ([if total credits are 12-18](#)).

### How many courses are available this semester?

41 different 1- and 2-credit activity courses are offered with in-person, online and hybrid options. *\*Course offerings are subject to change.*

### Where are courses held?

Courses are held on campus and off campus at a variety of locations. Some courses are online.

### When are 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 8 weeks.

### Questions?

Contact us at [fit-well@uwm.edu](mailto:fit-well@uwm.edu)

## FULL SEMESTER: SEPT 3 – DEC 12

Late add deadline is September 9.

## EARLY: SEPT 3 – OCT 26

Late add deadline is September 4.

## MIDTERM: OCT 28 – DEC 12

Late add deadline is October 30.

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## FitWell Courses

1- AND 2- CREDIT CLASSES // FULL OR HALF SEMESTER  
IN-PERSON & ONLINE



**TRY SOMETHING NEW!**

### DISCOVER

Learn about the classes available.  
<https://bit.ly/uwmfitwell>

**GET COURSE NUMBERS**

### CHECK SCHEDULE

Search FITWELL in SOC - Schedule of Classes.  
Find the class, day/time best for YOU!  
<https://bit.ly/uwmclasssearch>

**SAVE YOUR SEAT**

### REGISTER: PAWS or STELLIC

Select "FitWell" under the subject.  
Search class title under keyword.  
<https://bit.ly/uwmpaws>  
<https://bit.ly/uwmstelic>

**NO ADDITIONAL UNDERGRAD TUITION COST  
IF TOTAL CREDITS ARE 12-18.**





COURSE	CAT. NO.	FULL SEPT 03 – DEC 12	EARLY SEPT 03 – OCT 26	MIDTERM OCT 28 – DEC 12
<b>CREATIVE – Cooking &amp; Crafts</b>				
Cooking Healthy Foods	291		X	X
East Indian Vegetarian Cooking	291			X
Digital Photography Fundamentals	291	X		
Intro to Floral Design	291			X
<b>ACTIVE – Dance, Exercise &amp; Fitness</b>				
Ballroom Dance I	130		X	
Salsa, Merengue & Bachata	292			X
Boxing Conditioning	296	X		
Muay Thai Kickboxing	296			X
Mixed Martial Arts Conditioning	293		X	X
Self-Defense	174	X		X
Brazilian Jiu-Jitsu	293		X	X
Brazilian Jiu-Jitsu II	293			X
Physical Conditioning	110	X		
Total Body Conditioning	296	X		X
Fitness and Wellness for Life	296	X		
Weight Training I	114	X		
Running for Fun & Fitness	295		X	
<b>WATER ACTIVITIES</b>				
Swim I	120	X		
Swim II	121	X		
Beginning SCUBA	126		X	
SCUBA – Advanced Open Water Diver	289		X	
<b>COMPETITIVE – Organized Sports</b>				
Basketball	176	X		
Basketball, Coaching Philosophies	295	X		
Indoor Soccer I	295	X		
Badminton	295			X
Handball	179	X		
Handball II	295	X		
Racquetball I	180	X		
Golf	166		X	
Volleyball I	191	X		
Volleyball II	192	X		





COURSE	CAT. NO.	FULL SEPT 03 – DEC 12	EARLY SEPT 03 – OCT 26	MIDTERM OCT 28 – DEC 12
<b>STRATEGIC – Recreational Sports</b>				
Billiards and Pool	289		X	X
Billiards and Pool, Intermediate	289			X
Chess: Focus on Tactics	289			X
Strategy Games	289			X
Bowling I	161		X	X
Bowling II	162			X
<b>OUTDOOR – Adventure</b>				
Archery	289	X		
Basic Rock Climbing – 2 credit	294			X
Winter Camping – 2 credit	294			X
Hiking WI State Trails	294			X
<b>MINDFUL – Yoga and Meditation</b>				
Yoga I	112	X	X	X
Yoga II	113			X
Breathwork for Wellness, Vitality & Stress Reduction	298	X		
Deep Stretch Yoga	296	X		
Meditation, Mindfulness & Stress Reduction	298	X		
Be Kind to your Mind	298		X	X
Intro to Relaxation and Meditation	298		X	X
Resilience in College and Beyond	298			X
Calm Fear and Stress with Kindfulness – 2 credit	298	X		
Meditation in the 21 <sup>st</sup> Century – 2 credit	298		X	X
Meditation with a Touch of Yoga	298	X		
Mind Body Awareness – 2 credit	298		X	X
Rewire Your Anxious Mind for Peace – 2 credit	298	X		



CLASS	SECTION	MEETS	LOCATION	START	END
<b>FITWELL 291 Cooking Healthy Foods</b>					
18313	261	No pattern	Online	09-03-24	10-26-24
18314	263	No pattern	Online	09-03-24	10-26-24
18310	262	No pattern	Online	10-28-24	12-12-24
18311	264	No pattern	Online	10-28-24	12-12-24

<b>FITWELL 291 East Indian Vegetarian Cooking</b>					
18312	296	No pattern	Online	10-28-24	12-12-24

**Cooking Classes:**

Students will be expected to buy simple ingredients from the grocery store.





CLASS	SECTION	MEETS	LOCATION	START	END
<b>FITWELL 291 Digital Photography Fundamentals</b>					
18308	291		Online	09-03-24	12-12-24
<b>FITWELL 291 Introduction to Floral Design</b>					
18309	134	T 6:00 pm – 8:40 pm	Zao MKE *	10-28-24	12-12-24

**\*Course Fees in Addition to Regular Tuition:**

Fee per course is \$45.00.

**Location:**

Zao MKE Church, 2319 E. Kenwood Blvd., 2<sup>nd</sup> Floor South Room.

CREATIVE | ACTIVE | COMPETITIVE | STRATEGIC | OUTDOOR | MINDFUL

**Course Fees in Addition to Regular Tuition:**

Instructional Technology fee of \$30 per credit.





CLASS	SECTION	MEETS	LOCATION	START	END
<b>FITWELL 130 Ballroom Dance I</b>					
18279	005	TR 11:30 a - 12:45 p	NWQ B G458	09-03-24	10-26-24
<b>FITWELL 292 Salsa, Merengue &amp; Bachata</b>					
18315	006	TR 11:30 a - 12:45 p	NWQ B G458	10-28-24	12-12-24

**Location:** UWM Northwest Quad Bldg B - G458





CLASS	SECTION	MEETS	LOCATION	START	END
<b>FITWELL 296 Boxing Conditioning</b>					
18326	197	W 10:00 – 11:15 a	Zao MKE	09-03-24	12-12-24
<b>FITWELL 296 Muay Thai Kickboxing</b>					
18329	128	MW 5:30 – 6:45 p	Pura Vida*	10-28-24	12-12-24
18330	132	TR 7:00 – 8:15 p	Pura Vida*	10-28-24	12-12-24

**\*Course Fees in Addition to Regular Tuition:**

\$48.00 for gloves (may be charged third week of class).

**Location:** Zao MKE Church, 2319 E. Kenwood Blvd., Gym

**Location:** Pura Vida BJJ & MMA, 4125 N. Richards St.  
North of Capitol Dr and east of Holton St.





CLASS	SECTION	MEETS	LOCATION	START	END
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FITWELL 293 Mixed Martial Arts Conditioning					
18760	171	MW 5:30 – 6:45 p	Pura Vida*	09-03-24	10-26-24
18759	172	MW 5:30 – 6:45 p	Pura Vida*	10-28-24	12-12-24

FITWELL 174 Self-Defense					
18292	006	MW 10:30 – 11:20 a	Klotsche 110	10-28-24	12-12-24
18291	107	R 6:00 – 7:15 p	Zao MKE	09-03-24	12-12-24
19290	105	W 11:30 a – 12:45 p	Zao MKE	09-03-24	12-12-24

**\*Course Fees in Addition to Regular Tuition:**

\$88 may be required for boxing gloves and equipment fee, or \$48 for boxing gloves only, or \$40 for equipment fee only. (charged third week of class).

**Location:** Pura Vida BJJ & MMA, 4125 N. Richards St. North of Capitol Dr and east of Holton St.

**Location:**

Klotsche Center, 3409 North Downer Ave., Rm 110

**Location:**

Zao MKE Church, 2319 E. Kenwood Blvd., Gym



CLASS	SECTION	MEETS	LOCATION	START	END
<b>FITWELL 293 Brazilian Jiu Jitsu</b>					
18318	151	TR 6:00 – 7:15 p	Pura Vida***	09-03-24	10-26-24
18316	152	TR 6:00 – 7:15 p	Pura Vida***	10-28-24	12-12-24
<b>FITWELL 293 Brazilian Jiu Jitsu II</b>					
18317	162	TR 5:30 – 6:45 p	Pura Vida***	10-28-24	12-12-24

**\*\*\*Course Fees in Addition to Regular Tuition:**

\$105 may be required for uniform.

**Location:** Pura Vida BJJ & MMA, 4125 N. Richards St.  
North of Capitol Dr and east of Holton St.



CLASS	SECTION	MEETS	LOCATION	START	END
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FITWELL 110 Physical Conditioning					
18249	005	TR 8:30 – 9:20 a	Pavilion 249	09-03-24	12-12-24
18247	201	No pattern	Online	09-03-24	12-12-24

FITWELL 296 Total Body Conditioning					
18327	211	No pattern	Online	09-03-24	12-12-24
18328	003	TR 2:30 – 3:20 p	Klotsche 104	09-03-24	12-12-24
18332	294	No pattern	Online	10-28-24	12-12-24

FITWELL 296 Fitness & Wellness for Life					
18766	201	No pattern	Online	09-03-24	12-12-24

**Locations:**

- Klotsche Center, 3409 North Downer Ave.
- Room 104
- Pavilion 249





CLASS	SECTION	MEETS	LOCATION	START	END
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## FITWELL 114 Weight Training I

18267	213	No pattern	Online	09-03-24	12-12-24
18756	215	No pattern	Online	09-03-24	12-12-24
18268	001	MW 8:30 – 9:20 a	Pavilion 296	09-03-24	12-12-24
18346	003	TR 8:30 – 9:20 a	Pavilion 296	09-03-24	12-12-24
18755	005	MW 9:30 – 10:20 a	Pavilion 296	09-03-24	12-12-24
18269	007	TR 9:30 – 10:20 a	Pavilion 296	09-03-24	12-12-24
18270	009	MW 10:30 – 11:20 a	Pavilion 296	09-03-24	12-12-24
18271	011	TR 10:30 – 11:20 a	Pavilion 296	09-03-24	12-12-24

## FITWELL 295 Running for Fun and Fitness

18764	291	No pattern	Online	09-03-24	10-26-24
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**Location:**

Klotsche Center, 3409 North Downer Ave,  
296 - Pavilion





CLASS	SECTION	MEETS	LOCATION	START	END
<b>FITWELL 120 Swim I</b>					
18272	001	TR 8:30 – 9:20 a	Klotsche 115	09-03-24	12-12-24
18273	007	TR 9:30 – 10:20 a	Klotsche 115	09-03-24	12-12-24
<b>FITWELL 121 Swim II</b>					
18274	001	TR 8:30 – 9:20 a	Klotsche 115	09-03-24	12-12-24
18275	007	TR 9:30 – 10:20 a	Klotsche 115	09-03-24	12-12-24

**Swim I:** For those with no or some swimming skills.

**Swim II:** Pre-requisite Swim I. Required - Intermediate swim skills to advance swim skills only (know most strokes and able to swim on back or stomach 200 yds).

**Location:**

Klotsche Center, 3409 North Downer Ave.,  
115 – Swimming Pool



CLASS	SECTION	MEETS	LOCATION	START	END
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FITWELL 126 Beginning SCUBA					
18277	101	T 6:00 – 9:20 p	Hybrid / Off Campus *	09-03-24	10-26-24
18278	103	W 6:00 – 9:20 p	Hybrid / Off Campus *	09-03-24	10-26-24

FITWELL 289 SCUBA – Advanced Open Water Diver					
18306	113	R 6:30 - 8:20 p	Hybrid / Off Campus **	09-03-24	10-26-24

**Course Fees in Addition to Regular Tuition:**

\*Fee per course is \$325. Instructional Technology fee of \$30 per credit.

\*\*Fee per course is \$249. Instructional Technology fee of \$30 per credit.

**Prerequisites required for all SCUBA courses.**

**Location:** Aquatic Adventures, Inc.,  
13830 W. Greenfield Ave., Brookfield





CLASS	SECTION	MEETS	LOCATION	START	END
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FITWELL 176 Basketball					
18293	001	F 8:30 – 9:45 a	Pavilion 249 / Hybrid	09-03-24	12-12-24
18294	003	F 10:00 – 11:15 a	Pavilion 249 / Hybrid	09-03-24	12-12-24

FITWELL 295 Coaching Basketball Philosophies – 2 credits					
18763	209	No pattern	Online	09-03-24	12-12-24

FITWELL 295 Indoor Soccer					
18323	011	F 9:30 – 10:20 a	Engelmann Hall	09-03-24	12-12-24
18762	013	W 8:30 – 9:20 a	Engelmann Hall	09-03-24	12-12-24

**Location:**

Klotsche Center, 3409 North Downer Ave,  
249 - Pavilion

**Location:**

Engelmann Hall – 199 Gym  
2033 E Hartford Ave, Milwaukee, WI 53211







CLASS	SECTION	MEETS	LOCATION	START	END
<b>FITWELL 295 Badminton</b>					
18324	026	TR 10:00 – 11:15 a	Pavilion 249	10-28-24	12-12-24
<b>FITWELL 179 Handball</b>					
18296	001	TR 1:30 – 2:20 p	Klotsche 129*	09-03-24	12-12-24
<b>FITWELL 295 Handball II</b>					
18322	001	TR 1:30 – 2:20 p	Klotsche 129*	09-03-24	12-12-24
<b>FITWELL 180 Racquetball I</b>					
18297	001	TR 1:30 – 2:20 p	Klotsche 129**	09-03-24	12-12-24
<b>FITWELL 166 Golf</b>					
18289	105	TR 10:00 – 11:50 a	Brown Deer	09-03-24	10-12-24

**Locations:**

- Klotsche Center – 129 Racquetball Court
- Klotsche Center – Pavilion 249
- Brown Deer Golf Course, 7625 N. Range Line Rd.

**\*Course Fees in Addition to Regular Tuition: \$40.00**

**\*\*Course Fees in Addition to Regular Tuition: \$5.00**





CLASS	SECTION	MEETS	LOCATION	START	END
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FITWELL 191 Volleyball					
19237	005	MW 8:30 – 9:20 a	Pavilion 249	09-03-24	12-12-24
18295	007	MW 9:30 – 10:20 a	Pavilion 249	09-03-24	12-12-24
19238	009	MW 10:30 – 11:20 a	Pavilion 249	09-03-24	12-12-24

FITWELL 192 Volleyball II					
18348	007	MW 9:30 – 10:20 a	Pavilion 249	09-03-24	12-12-24

**Location:**

Klotsche Center, 3409 North Downer Ave,  
Pavilion 249



CLASS	SECTION	MEETS	LOCATION	START	END
<b>FITWELL 289 Billiards &amp; Pool</b>					
18307	221	No pattern	Online	09-03-24	10-26-24
18302	222	No pattern	Online	10-28-24	12-12-24
<b>FITWELL 289 Intermediate Billiards &amp; Pool</b>					
18304	236	No pattern	Online	10-28-24	12-12-24
<b>FITWELL 289 Chess: Focus on Tactics</b>					
18303	230	MW 2:30 – 3:45 p	Online	10-28-24	12-12-24
<b>FITWELL 289 Strategy Games</b>					
18305	242	No pattern	Online	10-28-24	12-12-24





CLASS	SECTION	MEETS	LOCATION	START	END
<b>FITWELL 161 Bowling I</b>					
18284	203	No pattern	Online	09-03-24	10-26-24
18285	001	MW 11:30 a – 12:20 p	Union*	09-03-24	10-26-24
18758	003	MW 1:30 – 2:20 p	Union*	09-03-24	10-26-24
18286	005	F 11:30 a – 1:20 p	Union*	09-03-24	10-26-24
18287	007	F 1:30 – 3:20 p	Union*	09-03-24	10-26-24
18283	006	F 11:30 a – 1:20 p	Union*	10-28-24	12-12-24
18280	204	No pattern	Online	10-28-24	12-12-24
18281	002	MW 11:30 a – 12:20 p	Union*	10-28-24	12-12-24
18282	004	MW 1:30 – 2:20 p	Union*	10-28-24	12-12-24
<b>FITWELL 162 Bowling II</b>					
18288	206	No pattern	Online	10-28-24	12-12-24

**\*Course Fees in Addition to Regular Tuition:**  
\$50 for in-person. Fees subject to change.

**Location:**  
UWM Union, 2200 E Kenwood Blvd., Rec Center WB95

CREATIVE | ACTIVE | COMPETITIVE | STRATEGIC | OUTDOOR | MINDFUL

**Course Fees in Addition to Regular Tuition:**  
Instructional Technology fee of \$30 per credit.



CLASS	SECTION	MEETS	LOCATION	START	END
<b>FITWELL 289 Archery</b>					
18298	157	T 10:00 – 11:15 a	Zao MKE*	09-03-24	12-12-24
18299	159	T 11:30 a – 12:45 p	Zao MKE*	09-03-24	12-12-24
<b>FITWELL 294 Basic Rock Climbing – 2 credits</b>					
18761	142	MW 5:30 – 7:20 p	MKE Turners**	10-28-24	12-12-24

**\*Course Fees in Addition to Regular Tuition:**  
Fee per course is \$10.00.

**Location:**

Zao MKE Church – 2<sup>nd</sup> Floor South Room  
2319 E. Kenwood Blvd.

**\*\*Course Fees in Addition to Regular Tuition:**

Fee per student is \$25. Required trip 11/30: 9 am – 4 pm.  
Students are responsible for their own transportation.

**Location:** Milwaukee Turners, Inc., 1034 Vel R. Phillips Ave.  
between Highland Ave. and State St.



CLASS	SECTION	MEETS	LOCATION	START	END
<b>FITWELL 294 Winter Camping – 2 credits</b>					
18320	110	No pattern	Hybrid / Off Campus*	10-28-24	12-12-24
<b>FITWELL 294 Hiking WI State Trails</b>					
18319	284	No pattern	Online	10-07-24	11-02-24

**\*Course Fees in Addition to Regular Tuition:**

Fee per student is \$35. Instructional Technology fee of \$30 per credit. Students also need to rent or purchase equipment. Asynchronous online instruction 10/28-12/12. Required in-person overnight trip 11/29-12/1 (may change depending upon the weather). Some gear like backpacks, tents, & sleeping bags can be rented from Outdoor Pursuits. Sleds, snowshoes, tents and sleeping bags can be rented from NOW Outdoors. All other gear and clothing must be purchased by the student.





CLASS	SECTION	MEETS	LOCATION	START	END
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FITWELL 112 Yoga I					
18250	241	No pattern	Online	09-03-24	12-12-24
18252	005	W 8:30 – 9:45 a	Klotsche 104	09-03-24	12-12-24
18253	043	T 10:00 – 11:15 a	Klotsche 104	09-03-24	12-12-24
18753	051	W 5:00 – 6:15 p	NWQ B G458	09-03-24	12-12-24
18752	025	R 6:00 – 7:15 p	NWQ B G458	09-03-24	12-12-24
18260	213	No pattern	Online	09-03-24	10-26-24
18261	221	No pattern	Online	09-03-24	10-26-24
18262	003	MW 10:00 – 11:15 a	Klotsche 104	09-03-24	10-26-24
18255	214	No pattern	Online	10/28/24	12/12/24
18256	238	No pattern	Online	10/28/24	12/12/24
18257	242	No pattern	Online	10/28/24	12/12/24
18259	010	TR 8:30 – 9:45 a	Klotsche 104	10/28/24	12/12/24

**Locations:**

- Klotsche Center – 104 (3409 North Downer Ave.)
- UWM Northwest Quadrant Bldg B – G458 (2025 East Newport Ave.)

CREATIVE | ACTIVE | COMPETITIVE | STRATEGIC | OUTDOOR | MINDFUL

**Course Fees in Addition to Regular Tuition:**  
Instructional Technology fee of \$30 per credit.



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CLASS	SECTION	MEETS	LOCATION	START	END
<b>FITWELL 112 Yoga I</b>					
18263	007	M 1:00 – 2:15 p	NWQ B G458	09-09-24*	12-12-24
18254	027	M 2:30 – 3:45 p	NWQ B G458	09-09-24*	12-12-24
<b>FITWELL 298 Breathwork for Wellness, Vitality &amp; Stress Reduction</b>					
18347	033	M 11:30 a – 12:45 p	NWQ B – G458	09-09-24*	12-12-24
<b>FITWELL 296 Deep Stretch Yoga</b>					
18765	007	R 10:00 – 11:15 a	Klotsche 104	09-03-24	12-12-24
<b>FITWELL 113 Yoga II</b>					
18264	230	No pattern	Online	10-28-24	12-12-24
18265	006	MW 10:00 – 11:15 a	Klotsche 104	10-28-24	12-12-24
18266	012	F 10 – 11:15 a / Hybrid	NWQ B – G458	10-28-24	12-12-24

**Locations:**

- Klotsche Center – 104 (3409 North Downer Ave.)
- UWM Northwest Quadrant Bldg B – G458 (2025 East Newport Ave.)







CLASS	SECTION	MEETS	LOCATION	START	END
<b>FITWELL 298 Meditation, Mindfulness &amp; Stress Reduction</b>					
18767	107	T 10:30 – 11:20 a	Zao MKE	09-03-24	12-12-24
18333	205	No pattern	Online	09-03-24	12-12-24
<b>FITWELL 295 Be Kind to Your Mind</b>					
18345	295	No pattern	Online	09-03-24	10-26-24
18340	296	No pattern	Online	10-28-24	12-12-24
<b>FITWELL 298 Intro to Relaxation &amp; Meditation</b>					
18342	281	No pattern	Online	09-03-24	10-26-24
18337	286	No pattern	Online	10-28-24	12-12-24
<b>FITWELL 298 Resilience in College &amp; Beyond</b>					
18341	004	TR 10:00 – 11:15 a	NWQ B – G458	10-28-24	12-12-24

**Locations:**

- UWM Northwest Quadrant Bldg B – G458
- Zao MKE Church, 2319 E. Kenwood Blvd. – 2<sup>nd</sup> Floor South Room



CLASS	SECTION	MEETS	LOCATION	START	END
<b>FITWELL 298 Calm Fear &amp; Stress with Kindfulness – 2 credits</b>					
18336	299	No pattern	Online	09-03-24	12-12-24
<b>FITWELL 298 Meditation in the 21<sup>st</sup> Century – 2 credits</b>					
18343	291	No pattern	Online	09-03-24	10-26-24
18338	292	No pattern	Online	10-28-24	12-12-24
<b>FITWELL 298 Meditation with a Touch of Yoga</b>					
18768	061	W 1:00 – 2:15 p	NWQ B G458	09-03-24	12-12-24
<b>FITWELL 298 Mind Body Awareness – 2 credits</b>					
18344	293	No pattern	Online	09-03-24	10-26-24
18339	294	No pattern	Online	10-28-24	12-12-24
<b>FITWELL 298 Rewire Your Anxious Mind for Peace – 2 credits</b>					
18334	283	No pattern	Online	09-03-24	12-12-24
18355	297	No pattern	Online	09-03-24	12-12-24

**Locations:**

- UWM Northwest Quadrant Bldg B – G458

CREATIVE | ACTIVE | COMPETITIVE | STRATEGIC | OUTDOOR | MINDFUL

-25-

**Course Fees in Addition to Regular Tuition:**  
Instructional Technology fee of \$30 per credit.



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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](mailto: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 [Stella](#). 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](mailto: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. [More Auditing Guidelines](#)



## LOCATIONS

***We're here to help!***

Contact us if you  
have questions or  
need assistance.

Email: [fit-well@uwm.edu](mailto:fit-well@uwm.edu)

### ON CAMPUS

#### [Engelmann Hall - 199 Gym](#)

2033 E. Hartford Ave., Milwaukee, WI 53211

#### [Klotsche Center](#)

3409 North Downer Ave., Milwaukee, WI 53211

Must present a valid UWM ID for entry.

- [104 - Physical Activity Room](#)
- [115 - Pool](#)
- [129 - Racquetball Courts](#)
- [249 - Pavilion Gym](#)
- [296 - Pavilion Fitness Center Weight Room](#)

#### [Northwest Quadrant Bldg B](#)

2025 E. Newport Ave., Milwaukee, WI 53211

- G458

#### [UWM Union Rec Center, WB95](#)

2200 E. Kenwood Blvd., Milwaukee, WI 53211

### OFF CAMPUS

#### [Aquatic Adventures, Inc.](#)

13830 W. Greenfield Ave., Brookfield, WI 53005

#### [Brown Deer Park Golf Course](#)

7625 N. Range Line Rd., Milwaukee, WI 53209

#### [Milwaukee Turners, Inc.](#)

1034 Vel R. Phillips Ave., Milwaukee, WI 53203  
Between Highland Ave. and State St.

#### [Pura Vida BJJ & MMA](#)

4125 N. Richards St., Milwaukee, WI 53212  
North of Capitol Dr. and east of Holton St.

#### [Zao MKE Church](#)

2319 E. Kenwood Blvd., Milwaukee, WI 53211  
Across the street from UWM Student Union.

- 2<sup>nd</sup> Floor South Room
- Gym (basement)





# FitWell

Fitness • Wellness • Sport

**moves me to**

play

create

explore

connect

discover

thrive

1- AND 2- CREDIT COURSES

IN-PERSON & ONLINE



ACTIVE | CREATIVE | STRATEGIC | MINDFUL | OUTDOOR | COMPETITIVE



Joseph J. Zilber  
College of  
Public Health

[uwm.edu/fitwell](http://uwm.edu/fitwell)

@uwmfitwell