Fall 2026: Full, Early and Mid Semester

FitWell COURSES

Fitness • Wellness • Sport

1- AND 2-CREDIT // IN-PERSON OR ONLINE



FULL: SEPT 2 – DEC 14
16 WEEKS

EARLY: SEPT 2– OCT 24
8 WEEKS

MIDTERM: OCT 26 – DEC 12
7 WEEKS

Save your seat.
Sign-up EARLY!

REGISTER ON PAWS OR STELLIC

uwm.edu/fitwell

UWM | Joseph J. Zilber College of Public Health

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FitWell
Fitness • Wellness • Sport

FitWell Program

Our courses promote 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. Add a full or half semester course at *no additional tuition cost* (if total credits are 12-18) during Fall or Spring.

How many courses are available this semester?
More than 95, 1- and 2-credit activity-based 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 taught online or hybrid.

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 4, 6 or 8 weeks.

Questions?
Contact us at fit-well@uwm.edu

FULL SEMESTER: SEPT 2 – DEC 14

16 weeks. Enrollment closes Sept 9.
Sign-up before Aug. 1.

EARLY: SEPT 2 – OCT 24

8 weeks. Enrollment closes Sept 3.
Sign-up before Aug. 1.

MIDTERM: OCT 26 – DEC 12

7 weeks. Enrollment closes Oct 28.
Sign-up before Oct. 1.

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ACTIVE | COMPETITIVE | STRATEGIC | ADVENTURE | CREATIVE | MINDFUL

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FitWell
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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
- PICKLEBALL
- TENNIS
- SOCCER
- VOLLEYBALL
- COACHING PHILOSOPHIES

STRATEGIC
- BILLIARDS & POOL
- BOWLING
- ROCKET LEAGUE FOR BEGINNERS
- STRATEGY GAMES

ADVENTURE
- BACKPACKING
- BICYCLE ROAD RIDING
- BICYCLE MAINTENANCE
- OFF ROAD BICYCING
- 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 TOTAL 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.

FULL SEMESTER: SEPT 2 – DEC 14

16 weeks

NEW COURSES IN BOLD

CATALOG	SECTION	CLASS	COURSE TITLE	DAY	TIME	LOCATION
291	291	16354	Digital Photography Fundamentals	Online		
110	201	15169	Physical Conditioning	Online		
296	003	15213	Total Body Conditioning	TR	2:30 - 3:20 pm	Klotsche 104
114	213	15181	Weight Training I	Online		
174	003	17780	Self-Defense	W	10 - 11:15 a	NWQ B G458
174	005	17779	Self-Defense	W	11:30 am - 12:45 pm	NWQ B G458
176	003	15196	Basketball	F	10:00 - 11:15 am	Hybrid / Pav 249
295	209	15395	Coaching Basketball Philosophies - 2 credit	Online		
188	001	16368	Indoor Soccer I	F	9:30 - 10:20 am	Engelmann 199
295	211	16773	Coaching Soccer Philosophies - 2 credit	Online		
112	001	16341	Yoga I	M	8:30 - 9:45 am	Klotsche 104
112	005	15171	Yoga I	W	8:30 - 9:45 am	Klotsche 104
112	007	16342	Yoga I	M	1:00 - 2:15 pm	NWQ B G458
112	027	16343	Yoga I	M	2:30 - 3:45 pm	SAN C210
112	051	15391	Yoga I	W	5:00 - 6:15 pm	NWQ B G458
112	241	15170	Yoga I	Online		
296	007	15397	Deep Stretch Yoga	R	10:00 - 11:15 am	Klotsche 104
296	201	15398	Fitness & Wellness for Life	Online		
298	033	16366	Breathwork for Wellness, Vitality & Stress Reduction	M	1:00 - 2:15 pm	SAN C210
298	061	15399	Meditation with a Touch of Yoga	W	1:00 - 2:15 pm	SAN C210
298	283	15217	Rewire Your Anxious Mind for Peace - 2 credit	Online		
298	299	15218	Calm Fear & Stress with Kindfulness - 2 credit	Online		

Check the Schedule of Classes (SOC) for up-to-date Course listings.

EARLY: SEPT 2 – OCT 24

8 weeks

NEW COURSES IN BOLD

CATALOG	SECTION	CLASS	COURSE TITLE	DAY	TIME	LOCATION
130	005	15187	Ballroom Dance I	TR	11:30 am - 12:45 pm	MIT 335
293	151	15210	Brazilian Jiu-Jitsu	TR	6:00 - 7:15 pm	Pura Vida
293	171	15393	Mixed Martial Arts Conditioning	MW	5:00 - 6:15 pm	Pura Vida
114	001	15182	Weight Training I	MW	8:30 - 9:45 am	PAV 296
114	003	15226	Weight Training I	MW	10:00 - 11:15 am	PAV 296
114	005	15392	Weight Training I	TR	8:30 - 9:45 am	PAV 296
114	007	15184	Weight Training I	TR	10:00 - 11:15 am	PAV 296
295	291	15396	Running for Fun & Fitness	Online		
296	239	16364	Fitness Walking	Online		
120	003	18583	Swim I	TR	8:30 - 9:45 am	Klotsche 115 (Pool)
126	101	15185	Beginning Scuba	T	6:00 - 9:20 pm	Off Campus / Online
126	103	15186	Beginning Scuba	W	6:00 - 9:20 pm	Off Campus / Online
202	113	16369	SCUBA: Advanced Open Water Diver	R	6:30 - 8:20 pm	Off Campus / Online
294	141	18266	Basic Rock Climbing	MW	5:30 - 7:20 pm	Turners
294	187	18289	Hiking WI State Trails - 5 weeks	R S	5:30 - 6:20 pm*	Off Campus
295	025	16362	Badminton	TR	10:00 - 11:15 am	PAV 249
295	031	16361	Pickleball	TR	8:30 - 9:45 am	PAV 249
161	001	17778	Bowling I	MW	11:30 am - 12:20 pm	UN WB95
161	005	15192	Bowling I	F	11:30 am - 1:20 pm	UN WB95
161	213	15191	Bowling I	Online		
291	001	16355	Cooking for College: Beyond Ramen	M	2:30 - 4:20 pm	Enderis 130
291	003	16756	Cooking for College: Beyond Ramen	T	2:30 - 4:20 pm	Enderis 130
291	261	15205	Cooking Healthy Foods	Online		
291	263	17785	Cooking Healthy Foods	Online		
112	003	15177	Yoga I	MW	10:00 - 11:15 am	Klotsche 104
112	011	16344	Yoga I	TR	10:00 - 11:15 am	MIT 335
112	213	15175	Yoga I	Online		
112	221	15176	Yoga I	Online		
298	281	15223	Introduction to Relaxation & Meditation	Online		
298	291	15224	Meditation in the 21st Century - 2 credit	Online		
298	293	16367	Mind Body Awareness - 2 credit	Online		
298	295	15225	Be Kind to Your Mind	Online		

MIDTERM: OCT 26 – DEC 12

7 weeks

NEW COURSES IN BOLD

CATALOG	SECTION	CLASS	COURSE TITLE	DAY	TIME	LOCATION
292	004	16358	Salsa, Merengue & Bachata	TR	10:00 - 11:15 am	MIT 335
292	006	15207	Salsa, Merengue & Bachata	TR	11:30 am - 12:45 pm	MIT 335
114	002	16345	Weight Training I	MW	8:30 - 9:45 am	PAV 296
114	006	15183	Weight Training I	TR	8:30 - 9:45 am	PAV 296
115	002	16346	Weight Training II	MW	10:00 - 11:15 am	PAV 296
115	004	16347	Weight Training II	TR	10:00 - 11:15 am	PAV 296
202	106	17788	Scuba Equipment Maintenance Specialty	W	6:30 - 8:20 pm	Off Campus / Online
293	152	15208	Brazilian Jiu-Jitsu	TR	6:00 - 7:15 pm	Pura Vida
293	162	15209	Brazilian Jiu-Jitsu II	TR	6:00 - 7:15 pm	Pura Vida
293	172	17786	Mixed Martial Arts Conditioning	MW	5:00 - 6:15 pm	Pura Vida
296	128	15214	Muay Thai Kickboxing	MW	6:00 - 7:15 pm	Pura Vida
296	132	15215	Muay Thai Kickboxing	TR	5:00 - 6:15 pm	Pura Vida
296	214	16363	Total Body Conditioning	Online		
296	051	16365	Personal Training Education Course	TR	8:30 - 9:45 am	Klotsche 104
176	004	16351	Basketball	TR	10:00 - 11:15 am	Hybrid / Pav 249
191	002	15832	Volleyball	TR	8:30 - 9:45 am	PAV 249
191	004	17781	Volleyball	MW	8:30 - 9:45 am	PAV 249
191	006	17782	Volleyball	MW	10:00 - 11:15 am	PAV 249
295	026	15212	Badminton	TR	10:00 - 11:15 am	PAV 249
289	018	17784	**Billiards & Pool**	MW	2:30 - 3:45 pm	UN WB95
289	222	15199	Billiards & Pool	Online		
161	002	15188	Bowling I	MW	11:30 am - 12:20 pm	UN WB95
161	004	15189	Bowling I	MW	1:30 - 2:20 pm	UN WB95
161	006	15190	Bowling I	F	11:30 am - 1:20 pm	UN WB95
161	214	16349	Bowling I	Online		
162	206	15194	Bowling II	Online		
289	242	15200	Strategy Games	Online		
289	010	17783	**Rocket League for Beginners**	MW	4:00 - 5:15 pm	UN WB95
289	044	16353	Bicycle Maintenance - 6 weeks	Su	1:00 - 4:50 pm	Lapham 268
294	142	15394	Basic Rock Climbing - 2 credits	MW	5:30 - 7:20 pm	Off Campus
291	002	16356	Cooking for College: Beyond Ramen	M	2:30 - 4:20 pm	Enderis 130
291	004	16758	Cooking for College: Beyond Ramen	T	2:30 - 4:20 pm	Enderis 130
291	262	15202	Cooking Healthy Foods	Online		
291	296	15204	East Indian Vegetarian Cooking	Online		
291	034	15201	Introduction to Floral Design	T	6:00 - 8:40 pm	Enderis 120
112	214	15172	Yoga I	Online		
112	238	15173	Yoga I	Online		
112	242	15174	Yoga I	Online		
113	006	15179	Yoga II	MW	10:00 - 11:15 am	Klotsche Center 104
113	012	15180	Yoga II	F	10:00 - 11:15 am	NWQ B G458 / Online
113	230	15178	Yoga II	Online		
298	212	17787	Mindful Movement	Online		
298	286	15219	Introduction to Relaxation & Meditation	Online		
298	292	15220	Meditation in the 21st Century - 2 credit	Online		
298	294	15221	Mind Body Awareness - 2 credit	Online		
298	296	15222	Be Kind to Your Mind	Online		

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 elective credits (not a GER) 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.

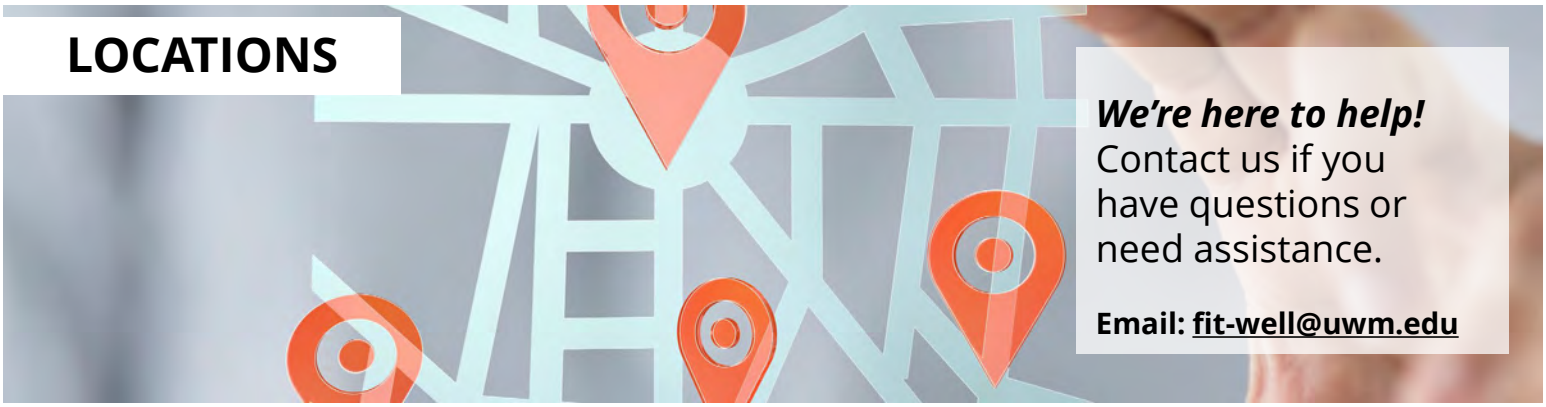
Can I take courses at no extra cost?
Undergraduates can add a full or half semester course at *no additional tuition cost* (if total credits are 12-18) during Fall and Spring semesters.

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.

LOCATIONS



We're here to help!
Contact us if you have questions or need assistance.

Email: fit-well@uwm.edu

ON CAMPUS

Enderis Hall
2400 E. Hartford Ave, Milwaukee, WI 53211
- 120 - Denemark Lounge
- 130 – Applied Foods Lab / Teaching Kitchen

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

Klotsche Center
3409 N. Downer Ave, Milwaukee, WI 53211
Must present a valid UWM ID for entry.

- 104 – Physical Activity Room
- 115 – Pool
- 249 – Pavilion Gym
- 296 – Pavilion Fitness Center Weight Room

Lapham Hall – 268
3209 N Maryland Ave, Milwaukee, WI 53211

Mitchell Hall – 335
3203 N. Downer Ave., Milwaukee, WI 53211

Northwest Quadrant Bldg B
2025 E Newport Ave, Milwaukee, WI 53211
- G458

Sandburg Residence Hall Commons – C210
3400 N. Maryland Ave, Milwaukee, WI 53212
2nd floor. Must present a valid UWM ID for entry.

UWM Union Rec Center - WB95
2200 E Kenwood Blvd, Milwaukee, WI 53211

OFF CAMPUS

Travel required.

Aquatic Adventures, Inc.
13830 W Greenfield Ave, Brookfield, WI 53005

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.

INTERACTIVE MAP

UWM Joseph J. Zilber College of Public Health

FitWell

Fitness • Wellness • Sport

IMPORTANT DATES 2026 – 2027

FALL

SOC released MAR 23.
Open Enrollment starts MAY 2.

FULL: SEPT 2 – DEC 14
Enrollment closes SEPT 9.

EARLY: SEPT 2 – OCT 24
Enrollment closes SEPT 3.

MIDTERM: OCT 26 – DEC 12
Enrollment closes OCT 28.

UWinteriM

SOC released SEPT 28.
Open Enrollment starts OCT 24.

FULL: JAN 11 – JAN 21
Enrollment closes JAN 11.

SPRING

SOC released OCT 26.
Open Enrollment starts DEC 5.

FULL : JAN 25 – MAY 12
Enrollment closes JAN 29.

EARLY: JAN 26 – MAR 20
Enrollment closes JAN 27.

MIDTERM: MAR 29 – MAY 12
Enrollment closes MAR 31.

SUMMER

SOC released JAN 18.
Open Enrollment starts APR 3.

4 week: JUN 1 – JUN 26
6 week: JUN 1 – JULY 10
Enrollment closes JUN 2.

6 week: JUN 14 – JULY 24
Enrollment closes JUN 16.

6 week: JUN 28 – AUG 7
8 week: JUN 28 – AUG 21
Enrollment closes JUN 30.



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moves me to

play
create
explore
connect
discover
thrive

EARN 1-2 CREDITS

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