

# Healthy Titans FREE FITNESS CLASSES

UWO Kinesiology Department

## Interested in FREE fitness classes?

Join our senior Kinesiology students and interns for Titan Interval, Titan Strength and the Midday Refresher classes. Classes are offered in person and virtually (contact [harrellk@uwosh.edu](mailto:harrellk@uwosh.edu) to receive the link)

Mon/Weds

11:45am-12:15pm

Tues/Thurs

4:45-5:30pm

Location: Albee 201 or join us  
virtually via Zoom.

# HEALTHY TITANS



UNIVERSITY OF WISCONSIN  
OSHKOSH

### Midday Refresher

Monday (live and virtual) and  
Wednesday (virtual only)  
11:45am - 12:15pm

### Titan Interval

Live and virtual  
Tuesday 4:45-5:30pm  
Starts March 8th

### Titan Strength

Live and virtual  
Thursdays 4:45-5:30pm  
Starts March 10th

Questions? Contact Kate Harrell at [harrellk@uwosh.edu](mailto:harrellk@uwosh.edu)