

FITT Camp Information

FOCUSSED INTEGRATED TEAM TRAINING

FITT Camp is an alternative to one-on-one training. Recreational Sports and Facilities' team training offers the benefits of working with a personal trainer at an affordable rate!

Whether it be for fat loss, general conditioning, or elite level athletics, the added motivation of having others working out in the same room with you pushes you to a new effort level.

Experience custom designed workouts that are tailored specifically to each team. You will receive accountability, motivation, support, experience and guidance. Experience custom designed workouts that are tailored specifically to each team. Join a camp with up to three others and improve your ability to accomplish your goals with the help of your personal trainer and your team! FITT Camps are 4-weeks long and meet for one hour, twice per week. Only available for UWM Students.

Spring 2012 FITT Camps

Camp 1: February 6-March 2

Camp 2: March 5-April 6

Camp 3: April 9-May 4

* Teams will consist of a minimum of three, maximum of four participants. You will be assigned to a team and regular meeting time based on your availability and fitness goals.

*Participants will only be assigned to one camp during Spring semester. More camps will become available with demand.

Fees:

Group Training	Students
4-Week Camp (8 sessions)	\$ 80 per person

More information on back

Process:

Step 1

Complete FITT Camp Request Packet:

1. FITT Camp Request Form
2. Program Policies
3. PAR Q and YOU
4. Informed Consent
5. Waiver

Step 2

Return completed FITT Camp Request Packet to the Information Center 10 days prior to the camp you wish to participate in.

Step 3

Your paperwork will be reviewed and you will be notified via email which camp you are assigned before your camp starts. Be sure to make your payment prior to the start of your camp to secure your spot. Bring your confirmation email with your payment to the Information Center.

Step 4

Arrive on time and be prepared in proper workout attire (i.e. gym shorts or sweatpants, t-shirt and gym shoes) for all sessions. You will be participating in a few fitness assessments during the first session. For this reason, avoid strenuous exercise the day of your first session.

*If you have any questions, please feel free to contact Sara Schillinger,
Fitness Program Director, at sj@uwm.edu or 414-229-5072 or visit:*

www.recsports.uwm.edu

