

DOWNTOWN FITNESS, HEALTH & RECREATION
FALL 2007 INFORMATION (August 27 to December 20, 2007)
 211 N. Carroll St. * Room D020 * (608)258-2398/2399 * www.matcmadison.edu/fitnesscenter

Located at the Downtown MATC campus, the Fitness Center features a knowledgeable, friendly staff, cardiovascular and weightlifting equipment, yoga classes, locker and shower facilities and a comfortable atmosphere. No affiliation with MATC is required for participation in any fitness activities.

Monday **Tuesday** **Wednesday** **Thursday** **Friday**
 9:30a – 7:00p 10:30a – 3:00p 9:30a – 7:00p 10:30a – 3:00p 9:30a-3:00p

YOGA CLASSES: 7-Week Sessions Sept. 4-Oct 18; Oct. 30-Dec. 20 (skip Thanksgiving week)

TUESDAYS: **Welcome To Yoga** **Yoga Oasis**
 Beginner/Gentle Yoga Beginner/Continuing
 11:30a – 12:20p 12:30p-1:20p

THURSDAYS: **Yoga Oasis**
 Beginner/Continuing
 12:30p-1:20p

Additional charge for Yoga Classes: Student \$20.00, Staff & Community \$40.00 per 7 week course. (Minimum of 10 pre-registered required for class to run – Sign up in Room D020).

****Hours subject to change based on member usage****

MEMBERSHIP/PRICE INFORMATION	
Student	OneCard - Student ID All Truax, Downtown and Commercial Avenue students who take a degree credit course will have access to the Fitness Center with a valid OneCard.
Staff	\$75.00/Semester Summer - \$50.00 <u>FALL FRENZY:</u> Become a member between August 21 & September 7, 2007 and pay \$60.00 per semester. (Must register for the entire school year for discount).
General Single	\$100.00/Semester Summer - \$60.00 <u>Special</u> - \$175/School Yr. \$250/Calendar Yr.
Senior – 60+	\$60.00 Summer - \$50.00
Alt. Learning Students	\$30.00/Semester Summer - \$30.00
Alumni	20% off of the general membership price. Must be a current alumni member. Contact MATC Foundation (608)246-6441
Day Pass	\$5
Double Day Pass Day	Purchase one day pass and get a second FREE! The 6th of each month – Sept. 6, Oct. 6, Nov. 6 & Dec. 6th. Members – Bring a friend for a free Day Pass!
MEMBERSHIPS PURCHASED AT THE DT CAMPUS MAY ONLY BE USED DT! MEMBERSHIPS PURCHASED AT THE TRUAX CAMPUS MAY BE USED AT BOTH CAMPUSES!	