



University of Wisconsin-La Crosse

# Adult Fitness Program

## SCHEDULE- FALL 2022

### September

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

### October

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

### November

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

### December

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	21

*\*Please Note: Shaded dates on each calendar indicate when Adult Fitness Program is In Session*

**First Day of Program- Tuesday September 27**

**Last Day of Program- Tuesday December 13**

**\*NO program Th Oct 27, Tu Nov 22 & Th Nov 24**

**Program Cost: \$220/semester**

Payable to:  
UW-L  
108 Mitchell Hall  
1725 State Street  
La Crosse, WI 54601

Please Call to  
Report an Absence:  
785-8690