Your Summer for Fitness
SLU Rec Fitness Classes
Summer 2017, May 22 to Aug 11

All classes & sections are sold independently! Register only for the classes and days that work with your schedule. Your registration reserves your space.

Must be a Simon Rec member.

Most class sections are only $40 for the entire summer.

The All-Inclusive Fitness pass is available for only $90. If you want to register for three or more classes, this pass is your best option.

Also available is the 1x single fitness pass.
For $5, attend any single fitness class. If there are just a few classes you can attend or if you can only make a class at the last minute - this is a great option. Sign up before class and hand receipt to the instructor.

SLU Campus Recreation – Fitness Classes Registration Form – Summer 2017

Please check the appropriate box(es) below: (Check boxes you plan to attend even if using All-Inclusive option)

☐ All-Inclusive Fitness pass ($90)
☐ 1x single fitness class ($5)

Body Sculpt ☐ Mon 12:00p
Pound ☐ Mon 5:15p ($20 June 12 – July 17)
Spinning ☐ Mon 5:15p ($30 June 12 – Aug 7)
Aqua Zumba ☐ Mon 6:15p ($20 June 12 – July 17)
Spinning ☐ Tue 6:30A
HIIT ☐ Tue 5:15p
Yoga Stretch ☐ Wed 12:00p
Zumba ☐ Wed 5:15p
Total Conditioning ☐ Wed 5:15p
Salsa ☐ Wed 6:15p ($20 June 14 – July 19)
20/20/20 ☐ Thu 6:15p
Spinning ☐ Thu 6:30A
Insanity ☐ Thu 5:15p (begins June 1)
Spinning ☐ Thu 5:15p

Make Checks Payable to Saint Louis University

Amount paid: ____________

Name: ____________________________

Member/Student Number________________________

Contact Phone(s) ________________________________

Contact Email: _____________________________

User agrees that all physical activities, including the use of weights & any equipment, machinery, or apparatus designed for exercise shall be at user's sole risk. Notwithstanding any consultation or use of equipment, facilities or exercise programs which may be provided by SLU employees or agents, it is hereby understood that the selection of activities, exercise programs, methods and type of equipment will be user's entire responsibility. Knowing the risks & in consideration of using the facility, user agrees to waive, release & discharge SLU its employees/agents from all claims, demands or actions of any kind or nature which may be brought by user or anyone who might make a claim on user's behalf arising out of user's activities & use of any services, equipment, machinery or apparatus provided by University notwithstanding the negligence of SLU, its trustees, officers, employees or agents. User is responsible for becoming familiar with all Campus Recreation policies. Noncompliance may result in the suspension of privileges.

SIGNATURE ________ DATE ______

For Office Use Only: _______ Cash Check # __________ Credit Approval: ___________ Initials _______ Date _______
## Your Summer for Fitness

**SLU Rec Fitness Classes**  
**Summer 2017, May 22 to Aug 11**

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
</tr>
</thead>
</table>
| **Spinning** (6:30 to 7:15a)  
Spin Studio - Frank | **Spinning** (6:30 to 7:15a)  
Spin Studio - Frank | **Spinning** (6:30 to 7:15a)  
Spin Studio - Frank | **Insanity** (5:15 to 6p)  
MPR 1 - Hannah |
| Body Sculpt  
(Noon to 12:45p)  
MPR 1 - Hannah | Yoga Stretch  
(Noon to 12:45p)  
Mind/Body Rm - Alison | **Total Conditioning**  
(5:15 to 6p)  
MPR 1 - Mary | Spinning  
(5:15 to 6p)  
Spin Studio - Mary |
| **Pound**  
(5:15 to 6p)  
Mind/Body Rm - Alex | **HIIT**  
(5:15 to 6p)  
MPR 1 - Hannah | **Zumba**  
(5:15 to 6p)  
MPR 2 - Sue & Alex | **Insanity**  
(5:15 to 6p)  
MPR 1 - Hannah |
| **Spinning**  
(5:15 to 6p)  
Spin Studio - Mary | **Salsa**  
(6:15 to 7p)  
MPR 2 - Alex | **Aqua Zumba**  
(6:15 to 7p)  
Indoor Pool - Alex | **20/20/20**  
(6:15 to 7p)  
MPR 1 - Mary |
| **Salsa**  
(6:15 to 7p)  
MPR 2 - Alex | **20/20/20**  
(6:15 to 7p)  
MPR 1 - Mary |

**Special class schedule**

*Insanity class begins June 1

**Pound, Aqua Zumba and Salsa run June 12 – July 21 (6-weeks)

***Spinning Monday at 5:15 pm runs June 12 – August 7 (9-weeks)

**No classes**

Monday, May 29 for Memorial Day  
Tuesday, July 4 – Independence Day

---

All classes are held in the Simon Recreation Center. Reasonable efforts will be made to find a make-up date(s) / time(s) for classes postponed due to unforeseen circumstances.

Class minimums must be met in order for a class section to run. Classes are on a first come, first served basis.

**Late Registrations:** If space allows, anyone may register at any time for the session. Once half the classes have passed, the registration fee will be reduced 50%.

**Refunds:**  
1) Before a class has started anyone may receive a full refund for any reason.  
2) Once classes have started, a pro-rated refund is possible for documented health or schedule changes.  
3) Refunds will not be made after half the class dates have passed – exceptions may be made in extraordinary situations.

If you have any questions or comments regarding fitness classes, please contact:  
P: 314.977.3181  
E: campusrec@slu.edu