Your Best Summer
Fitness Classes at Simon Recreation Center
Summer 2016, May 15 to Aug 4

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

Must be a Simon Rec member.
Prices have been reduced and flexibility increased!

Most class sections are only $40 for the summer.

The All-Inclusive Fitness pass is available for only $90. If you want to register for three or more sections, this is the way to register.

Also available is the 1x single fitness class.
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 2016

Please check the appropriate box(es) below: (Check boxes you plan to attend even if using All-Inclusive option)
- All-Inclusive Fitness pass
- 1x single fitness class ($5)

All About the Stretch □ Mon 6:30p
All About the Stretch □ Wed 6:30p
Cardio Core □ Tue 4:00p ($30 skips 3 weeks*)
Cardio Core □ Wed 4:00p ($30 skips 3 weeks*)
Cardio Core □ Thur 5:15p ($30 skips 3 weeks*)
Intro to Salsa □ Wed 6:30 ($20 starts June 22)
Spinning □ Mon 5:30p
Spinning □ Tue 6:30p
Spinning □ Thur 6:30p
Total Conditioning □ Mon 5:15p
Total Conditioning □ Wed 5:15p
Yoga Stretch □ Mon 12:00p
Zumba □ Wed 5:15p ($20 starts June 22)

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 ________________
Make Checks Payable to Saint Louis University

Amount paid: ____________

FOR OFFICE USE ONLY: _______Cash Check #________ Credit Approval: _______________ Initials______ Date __________
Your Best Summer
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Summer 2016, May 15 to Aug 4

<table>
<thead>
<tr>
<th>Sunday</th>
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<td></td>
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<td><strong>Spinning</strong> (6:30 to 7:15A)</td>
<td><strong>Spinning</strong> (6:30 to 7:15A)</td>
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<td><strong>Yoga Stretch</strong> (Noon to 12:45p)</td>
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<td><strong>Cardio Core</strong> (skips 3 weeks*) (4:00 to 5:00p)</td>
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<td><strong>Total Conditioning</strong> (5:15 to 6:15p)</td>
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<td><strong>Zumba</strong> (starts June 22) (5:15 to 6:15p)</td>
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<td><strong>All About the Stretch</strong> (6:30 to 7:30p)</td>
<td><strong>All About the Stretch</strong> (6:30 to 7:30p)</td>
<td><strong>Intro to Salsa</strong> (starts June 22) (6:30 to 7:30p)</td>
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**No classes**
* No Tuesday Cardio Core May 24, May 31 or June 7
* No Wednesday Cardio Core May 25, June 1 or June 8
* No Thursday Cardio Core May 26, June 2 or June 9
No Zumba or Intro to Salsa Wed July 27

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 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. Refunds will not be made after half the class dates have passed – exceptions may be made in extraordinary situations.

Visit us on our Simon Rec Facebook page (Simon Recreation Center @ SLU) or on the web at simonrec.slu.edu for any updates. If you have any questions or comments regarding fitness classes, please contact Glen Kemper, Fitness Programs Coordinator at 977-3969.