## Group Exercise Classes

### Aerobics

Aerobic exercise is the best way to make you sweat! You’ll tone up and burn calories in these fun and challenging classes. Our Aerobics program offers a variety of disciplines including Step, Interval Step, Boot Camp, Strength/ flexibility and core conditioning. **Must be a Simon Recreation Center member to participate.**

- **Class Size:** Minimum 20 registrants, no maximum
- **Cost:** 30 per 8-week session or $4 per class. (Fee includes participation in as many classes as you like.)
- **Class Days/Time:** Monday thru Thursday 5:15 to 6:15 pm
- **Session II:** Monday, March 19 to Thursday, May 3

The original and most comprehensive group cycling program is still one of the hottest classes in the world. By pedaling to the music, you get a great workout. As the music changes, you can control your resistance and the intensity. Spinning is a great way to add cross training to your current fitness program.

- **Class Size:** Minimum 5, maximum 11 per class section.
- **Cost:** (per 6-week session): $50 SRC members, $74 non-members
- **Class Day/Times:** (You must select your reserved class time.)
  - Monday & Wednesday / 5:15 pm - 6:00 pm
  - Monday & Wednesday / 6:15 pm - 7:00 pm
  - Monday & Wednesday / 7:15 pm - 8:00 pm
  - Tuesday & Thursday / 5:15 pm - 6:00 pm
  - Tuesday & Thursday / 6:15 pm - 7:00 pm
  - Wednesday & Friday / 7:00 am - 7:45 am
  - Friday only / 3:30 - 4:15 pm ($25 for SRC members, $37 non-members)
  - Saturday only / 11:00 - 11:45 am ($25 for SRC members, $37 non-members)
- **Session II:** March 21 to May 5

### Spinning

- **Plus Aerobics**

Put some real variety into your workouts. Register for Yoga, Pilates (afternoons) or a Spinning section and get aerobics too. By participating in two group exercise programs, you’ll get plenty of cross training. This is your best aerobic value and is $20 less than registering separately. **MUST** be a Simon Recreation Center member to participate. (Spinners must select a reserved class section.) Aerobics is an 8-week session while the others are 6-week sessions.

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- **Class Size:** Minimum 5, maximum 11 per class section.
- **Cost:** (per 6-week session): $50 SRC members, $74 non-members
- **Class Day/Times:** (You must select your reserved class time.)
  - Monday & Wednesday / 5:15 pm - 6:00 pm
  - Monday & Wednesday / 6:15 pm - 7:00 pm
  - Monday & Wednesday / 7:15 pm - 8:00 pm
  - Tuesday & Thursday / 5:15 pm - 6:00 pm
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### Late Registrations:

Anyone may register at any time for a Fitness Program as long as there is availability in the class. Once half the classes have passed, the fee will be reduced to half. This requires the approval of the Fitness Coordinator.

### Refunds:

1. **1) Before a class has started anyone may receive a full refund for any reason.**
2. **2) Once classes have started, scheduling conflicts will first be resolved by switching sections or courses.** 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.

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**SLU Campus Recreation – Group Exercise Registration Form – Spring 2007 Session II**

- **Name:**
- **Member/Student Number #**
- **Contact Phone(s):**
- **Contact Email:**
- **Status:** Student, Faculty, Staff, Alumni, Non-Member

Please check the appropriate class(es) below:

- **Aerobics**
- **Spinning**

(You must select your reserved spinning class time.)

- Mon & Wed (5:15-6:00pm)
- Mon & Wed (6:15-7:00pm)
- Mon & Wed (7:15-8:00pm)
- Fri only (3:30 – 4:15pm)

Make Checks Payable to Saint Louis University

**FOR OFFICE USE ONLY:** Cash, Check #________, Credit Approval:________, Initials, Date________

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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. Nonwithstanding any constitution 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's is responsible for becoming familiar with all Campus Recreation policies noncompliance may result in the suspension of privileges.